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Tuesday



LAUREN VICTORIA BURKE/AP

The vehicle that crashed at the Capitol is towed.

Capitol Breach: Gunman held after storming building | **11**

Tough Sell: Bush arrives at U.N. with unpopular policies | **3**

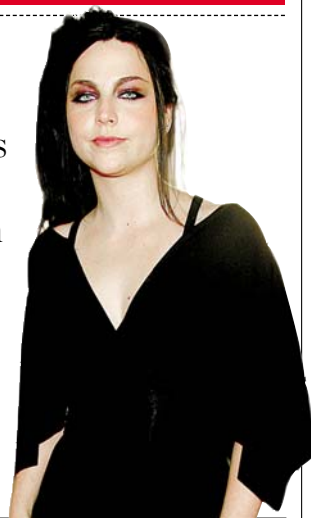


Truly Offensive: Brunell, Saunders under pressure after ugly losses | **21**

ENTERTAINMENT

Born Again: Evanescence's Amy Lee is stronger than ever. Also, 'Man Push Cart'; Megan Mullally.

>> **13-18**



Weather >> Cloudy, T'Storm



79 | 58

FULL FORECAST ON PAGE 38



NABIL AL-JURANI/AP

Muslim Rage at Pope Widens

BACKLASH: Iraqis burn an effigy of Pope Benedict XVI during a demonstration in Basra, Iraq's second-largest city, on Monday. Benedict said Sunday he is "deeply sorry" his remarks about Islam last week upset Muslims, but the apology failed to dampen anger among some Muslims, who called the pope's statement inadequate. ❖ **Warning:** Al-Qaeda in Iraq vows to crush Christianity | **Page 7**

Smoking, Lead Tied To ADHD

One-third of cases linked to environmental exposure

CHICAGO | About one-third of attention-deficit disorder cases among U.S. children may be linked to tobacco smoke before birth or to lead exposure afterward, according to provocative new research.

Even levels of lead the government considers acceptable appeared to increase a child's risk of having attention-deficit hyperactivity disorder, the study found.

PREVALENCE

It builds on previous research linking attention problems, including ADHD, with childhood lead exposure and smoking during pregnancy, and offers one of the first estimates for how much those environmental factors might contribute.

"It's a landmark paper that quantifies the number of cases of ADHD that can be attributed to very important environmental exposures," said Dr. Leo Trasande, assistant director of the Center for Children's Health and the Environment at Mount Sinai School of Medicine in New York.

More importantly, the study bolsters suspicions that low-level lead exposure previously linked to behavior problems "is in fact associated with ADHD," said Trasande, who was not involved in the research.

The study was to be published online Tuesday in the journal *Environmental Health Perspectives*. LINDSAY TANNER (AP)

DISTRACTIONS | Too-Built Builder A construction worker at a Surrey, England, all-girls school was fired because his muscular body was considered a distraction to the students, United Press International reported. Joe Norman was hired part-time



to build an extension to the building at Holy Cross School; however, teachers began noticing that the girls at the school were whistling at him while he worked. Eventually the headmaster told him he had to go. (EXPRESS) **EyeOpeners** | **Page 2**

eyeOpeners

SURVEILLANCE

Big Brother Is Watching — and Screaming at — You

Surveillance cameras in Teesside, England, now allow operators to shout at people they observe behaving improperly, the BBC reported. Officials say the ability to yell at people through the cameras — via speakers installed on the devices — will help cut street crime. "For example, if an operative now sees someone dropping litter, they can tell them to pick it up, or if they see an incident starting to get out of hand, they can give advice that will hopefully nip it in the bud," community safety official Barry Coppinger said. The town will start with seven talking cameras, at a cost of \$94,000 each. (EXPRESS)



POSITIVITY

Halloween: Easter, But in Autumn

The Rev. David Gillett, the Bishop of Bolton, is asking United Kingdom stores to offer children a "positive" alternative to Halloween activities and customs, the Manchester Evening News

reported. Gillett is petitioning retailers to stock bright balloons and hair braids instead of masks and costumes, saying those represent the "dark, negative side of Halloween" and businesses create a climate of fear for children. The Church of England has recently encouraged members to have bright parties on Halloween. (EXPRESS)

UPSIDES

But, Hey, 7 Months Of Free Parking!

A Milton Keynes, England, man has his car back after forgetting where he

had parked it seven months ago, the Sun reported. Eric King parked his car in Bury St. Edmunds, a town about 60 miles away, on a day trip. When he was done sightseeing, he couldn't remember where he had parked. Four hours

COMMUNICATIONS

Sea Mobile

Hello? Is this the fish market? Do you deliver? Perhaps that's what this 11-year-old female walrus, "Pico," wishes she could use her mock mobile phone for. Instead, the large phone was just a prop for a sea-animal show at the Hakkeijima Sea Paradise aquarium/amusement park complex in Yokohama, Japan, on Sunday. Oh well, it's probably for the best, as it's hard these days to find a reliable cell-phone service for the polar regions, anyway. (EXPRESS)



ITSUJINQUE/AP

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"In all that we do in the war on terror, we seek to promote the rule of law and protect freedom."

—Attorney General Alberto Gonzales, defending President Bush's interrogation plan.

Nation

In Brief

CAMDEN, S.C.

Judge Denies Bond for Suspect in Teen Abduction

A judge denied bond on Monday for the man accused of abducting and assaulting a 14-year-old girl and holding her in an underground bunker for more than a week before she was able to send a text message to her mother. Vinson Filyaw, 36, was captured early Sunday and will remain in jail on rape, kidnapping and other charges. (AP)



Patricia Kennedy Lawford died Sunday due to complications from pneumonia.

NEW YORK

JFK's Sister Dies at 82

Patricia Kennedy Lawford, the sister of President Kennedy whose marriage to Peter Lawford lent Hollywood glamour and Rat Pack cool to her family's political dynasty, has died. She was 82. Lawford died Sunday of complications from pneumonia at her New York home, brother Sen. Edward M. Kennedy of Massachusetts said through a spokeswoman. (AP)

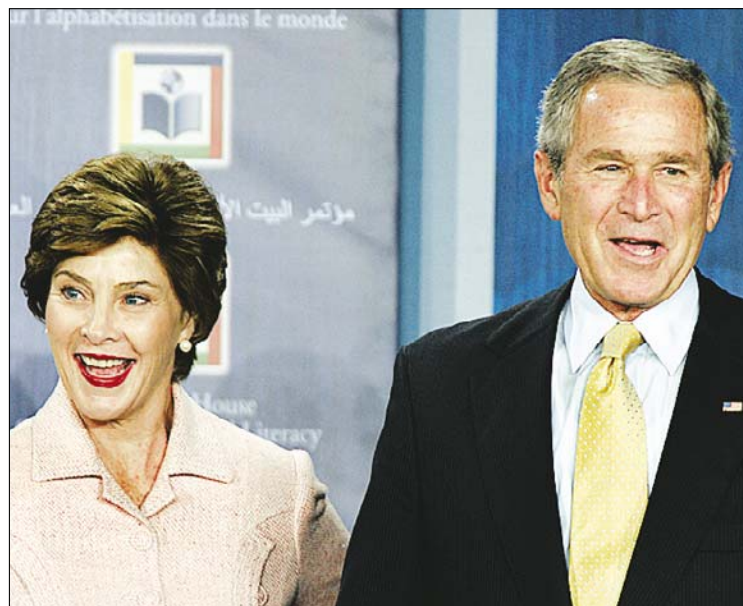
Amid Questions, Bush Arrives at U.N.

In Tuesday's speech, president to push for democracy in Mideast

NEW YORK | President Bush faced disagreement Monday over how to confront Iran's nuclear ambitions and skepticism about his approach to Iraq and the Middle East as world leaders gathered for the U.N. General Assembly meeting.

Still, Bush was upbeat, focusing on his push for democratic change and first lady Laura Bush's call for governments to embrace literacy programs to improve lives.

"We don't believe freedom belongs only to the United States of America," Bush said at the White House Conference on Global Literacy hosted by his wife. "We



President Bush cited education on Monday as a way to push for democracy in the Middle East during a conference on literacy hosted by his wife, first lady Laura Bush.

believe that liberty is universal in its applications. We also believe strongly that as the world becomes more free, we'll see peace."

Bush arrived in New York to attend the 61st session of the world body with policy problems at home and abroad that have narrowed his room to maneuver on the international stage.

The president's so-called freedom agenda is the theme of his speech to the U.N. General Assembly on Tuesday. He will focus on democratic reforms in Iraq, Afghanistan and Lebanon and elsewhere in the Middle East. He'll seek to quell skepticism about U.S. motives in the Middle East by working to avoid the impression that he wants to see a U.S.-style democracy imposed on any nation. DEB RIECHMANN (AP)

Revised Terror Bill Heading to Hill

With GOP opposition growing, White House seeks a compromise

WASHINGTON | The White House said Monday it will send lawmakers a revised proposal for dealing with terrorism suspects as indications grew that President Bush's plan was meeting increased resistance among Republicans in both chambers of Congress.

White House Deputy Press Secretary Dana Perino said the

administration was sending the new language in hopes of reaching an agreement.

A revolt by GOP senators, who have written their own proposal giving terror detainees more rights than the administration wants, has embarrassed the White House at a time when Republicans want to use their security policies as a main platform in November's elections.

A week after a Republican-led Senate committee defied Bush and approved terror-detainee legislation that the president vowed to block,

three more GOP senators said they now opposed the administration's version, joining the four others who had already come out against it.

If all 44 Democrats plus the chamber's Democratic-leaning independent also vote for the alternative by Sen. John Warner, R-Va., as expected, that would give it a majority in the 100-member Senate.

In a further hint of problems for the administration, House officials said their chamber was postponing a vote planned for Wednesday on a bill mirroring Bush's proposal. (AP)

Ex-Enron Exec Gets 2.5 Years

HOUSTON | A former high-ranking Enron Corp. trading and retail energy executive was sentenced to 2 ½ years in prison Monday for insider trading in connection with the energy company's financial collapse.

David Delainey admitted to participating in schemes to manipulate earnings to please Wall Street. Prosecutors said he sold \$4.25 million in stock throughout 2001 when he knew of a wide-ranging scheme to make Enron appear financially robust. (AP)

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ARMED TO THE BLUEGILLS: San Francisco, New York, Washington and other big cities are using bluegills — also known as sunfish or bream — to detect toxins in municipal water supplies as part of the effort in the fight against terrorism.

Nation

Richards Recalled as a 'Rock Star'

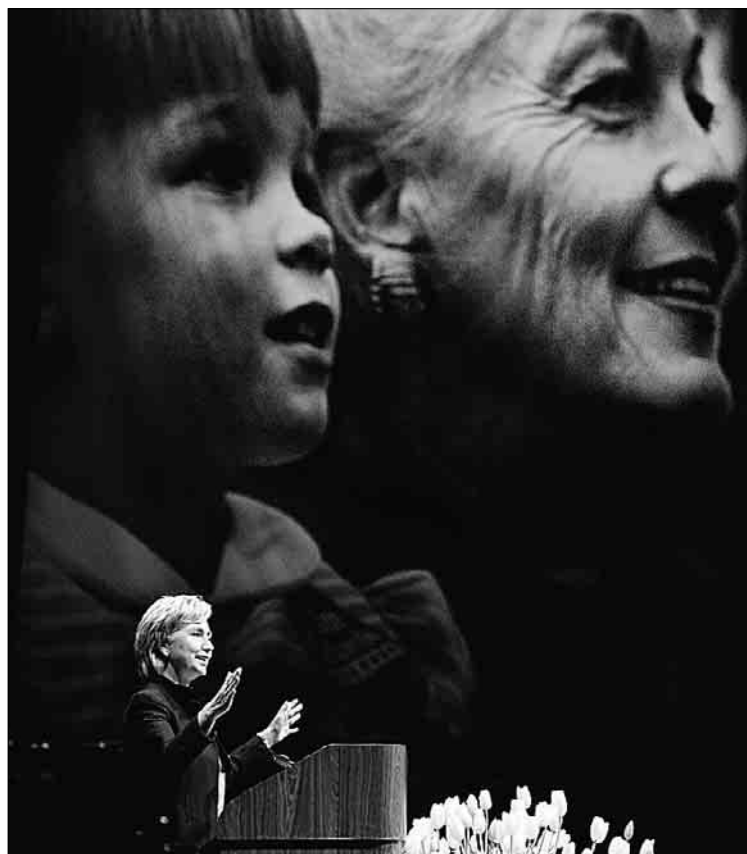
Thousands pay tribute to former Texas Gov. after she's laid to rest

AUSTIN, TEXAS | Celebrities and ordinary Texans gathered Monday for a final farewell to former Gov. Ann Richards, likening her to a rock star and a force of nature who "gave it her all every single minute of every single day."

Thousands of admirers streamed into the Frank Erwin Events Center at the University of Texas, a cavernous building usually used for basketball games and rock concerts. Two huge photographs of Richards in her political prime hung on each side of the stage.

Richards, a Democrat known for her big, frosty white hair, died of esophageal cancer Wednesday at 73. She was governor from 1991 to 1995 and was remembered for her sharp wit and dedication to fighting for women and minorities.

The star-studded memorial ser-



vice featured Sen. Hillary Rodham Clinton of New York, former Dallas Mayor Ron Kirk, former San Antonio Mayor and Housing Secretary Henry Cisneros and Texas-born gossip columnist Liz Smith.

"Going out with Ann in public was like being with a rock star," Smith said. "Ann Richards was the most alive person I have ever known in my life. Let's keep her that way."

Richards was "the smartest, funniest and strongest woman that many of us ever knew," Kirk said as he opened the music-filled service.

Clinton said when she first met Richards she thought, "I had just met another force of nature. I already lived with one."

Richards was buried during a private service earlier Monday at the Texas State Cemetery. Singer Nanci Griffith performed and actress Lily Tomlin attended, family spokesman Bill Crier said. (AP)

Sen. Hillary Rodham Clinton called Richards "a force of nature" Monday.

Mother of Taken Baby Helps With Police Sketch

UNION, MO. | Police released a sketch Monday of a woman they believe stole a baby after slashing the mother's throat, hoping to generate new clues in the four-day-old case.

Stephenie Ochsenbine, 21, helped police artists with the composite drawing of the woman she said attacked her at her home on Friday and snatched her baby, Abigale



Lynn Woods, now 10 days old.

The drawing shows a woman with dark hair wearing a baseball cap. Franklin County Sheriff Gary Toelke said the suspect is believed to be between 5-foot-4 and 5-8 and weighs about 200 pounds.

"I think the leads are over 250, and we anticipate getting more calls with the release of the composite," Toelke said at a news conference releasing the sketch Monday. (AP)

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Nation

2.3

The percentage that violent crime rose nationwide last year, the FBI reported on Monday. It was the first increase in violent crime since 2001, the agency said.

Ist Scare in Space Station

Toxic irritant spills, leading to short-lived emergency for crew

HOUSTON | An oxygen generator on the international space station overheated and spilled a toxic irritant Monday, forcing the three-man crew to don masks and gloves in the first emergency ever declared aboard the 8-year-old orbiting outpost.

NASA said the crew members' lives were never in any danger. They cleaned up the spill with towels. A charcoal filter scrubbed the irritant out of the air. And within a couple

of hours, life aboard the station 220 miles above Earth was nearly back to normal.

But it was the biggest scare this smooth-running space station has had.

Although it paled in comparison to two fires and a collision on two previous Russian space stations and the nearly fatal explosion on Apollo 13, the incident served as a reminder of how life-and-death emergencies can come out of nowhere. It is why an emergency space capsule is always parked at the outpost in case of a sudden order to abandon ship.

NASA never came close to ordering the crew to leave the station, space station program manager Mike Suffredini said. But astronauts did reveal they were worried.

About three hours after the emergency, station commander Pavel Vinogradov tried to explain what happened to Moscow Mission Control, saying "different thoughts came to my mind." Russian flight controllers interrupted, telling him: "We were kind of nervous here, too."

NASA and the Russian space agency were investigating what caused the problem.

SETH BORENSTEIN (AP)

FLORIDA | 64 YEARS AND COUNTING FOR MEM



CAKE LOVE: Busch Gardens Asian elephant, Mem, center, eats birthday cake with Rosie, left, and Karnaudi at the theme park on Monday in Tampa, Fla. Mem, who turned 64, is the fourth-oldest known elephant in North America.

Princeton Drops Its Early Admission

Princeton University on Monday became the first elite university to follow Harvard's lead and drop its early admissions program, saying it hoped the move would reduce anxiety and lead to a broader pool of applicants.

"We agree that early admission 'advantages the advantaged,'"

Princeton President Shirley Tilghman said, echoing Harvard's comments last week.

Harvard's announcement last week that it would evaluate all applicants in a single pool prompted speculation about whether other universities would follow suit — a change that could transform the

admissions process for high-achieving students.

Princeton had an "early decision" program, meaning applicants receive word by Dec. 15 of their senior year, but must attend if accepted.

Such programs have been criticized for increasing the anxiety of the application process and informally discriminating against less sophisticated applicants. (AP)

550

The weight, in pounds, of an unexploded Allied bomb from World War II discovered at a construction site in Nantes, France, on Sunday. Some 20,000 residents of the city had to be evacuated while experts defused the explosive.

World

In Brief



Sri Lankans in the village of Pottuvil mourn the deaths of 10 Muslim laborers.

POTTUVIL, SRI LANKA Government, Rebels Trade Blame for Laborers' Deaths

The Sri Lankan government and Tamil Tiger rebels blamed each other for a massacre of 10 young Muslim laborers whose hacked and mutilated bodies were recovered from a remote eastern jungle Monday. The slayings came amid an upsurge in violence in the island nation that could undermine efforts by European mediators to bring the warring sides back to peace talks after the recent breakdown of a 2002 cease-fire. (AP)

ABIDJAN, IVORY COAST 2 Execs of Dutch Company Arrested for Dumped Waste

Ivory Coast on Monday arrested two executives of a Dutch commodities company whose dumped toxic waste caused widespread sickness in the country's largest city, a government official said. Ali Yeo, a Justice Ministry official, said the two French nationals were charged with poisoning and infractions of toxic waste laws and transferred to prison. Public anger over the waste resulted in the resignation of the government earlier this month. (AP)

SHANGHAI, CHINA Migrants Attack Police Stations Over Permit Checks

Migrants angered by random checks on residence permits attacked police stations and set fire to vehicles last week, forcing the dispatch of riot police to restore order, officials and state media said Monday. No injuries were reported in the violence in the city of Foshan just across the border from Hong Kong, but at least one person was arrested, according to the official Foshan Daily. (AP)

Somali Leader Escapes Bomb Blast

Attack on presidential convoy, subsequent gunbattle leave 11 dead

MOGADISHU, SOMALIA | The president of Somalia's interim government narrowly escaped a suicide bomber Monday — a new tactic in a troubled land where an Islamic militia is vying for power. The leader's brother and 10 others died in the blast and a subsequent gunbattle.

Foreign Minister Ismail

Mohamed Hurre said the attack, along with the slaying of an Italian nun in the capital Sunday, had "the hallmarks of al-Qaeda."

There was no immediate claim of responsibility for the bombing in Baidoa, the only town controlled by the virtually powerless government, which was formed in 2004 with U.N. help in hopes of restoring order after years of lawlessness in this Horn of Africa nation.

The suicide attacker drove a car into the presidential convoy, hitting the automobile that usually carries

President Abdullahi Yusuf, Hurre said. The bomber "thought that was the president, but in fact it was his security people," he said.



Yusuf

Yusuf's bodyguards chased several suspected accomplices of the bomber, killing six in a gunbattle. The five other dead were

in the president's convoy, officials said.

An increasingly powerful hard-line Islamic movement — accused by the U.S. of having links to al-Qaeda — seized the capital, Mogadishu, in June and now controls much of the country's south.

The Islamic group denied involvement. "The perpetrators of the Baidoa blast are enemies of Somali people, and Islamic courts have no hand in it," said Abdirahman Muday, a spokesman for the group. (AP)



ANGER FLARES: Iraqis burn an effigy of Pope Benedict XVI and the German flag during a protest in Basra, Iraq, on Monday.

War of Words Over Pope's Remarks

Al-Qaeda in Iraq warns Benedict, West that Islam will prevail

CAIRO, EGYPT | Al-Qaeda in Iraq warned Pope Benedict XVI on Monday that its war against Christianity and the West will go on until Islam takes over the world, and Iran's supreme leader Ayatollah Ali Khamenei called for more protests over the pontiff's remarks on Islam.

Protests broke out in South Asia and Indonesia, with angry Muslims

saying Benedict's statement of regret a day earlier did not go far enough. In southern Iraq, demonstrators burned an effigy of the pope.

Islamic leaders around the world issued more condemnations of the pope's comments, but some moderates in the Middle East appeared to be trying to put a damper on the outrage, fearing it could spiral into attacks on Christians in the region.

On Sunday, Benedict said he was "deeply sorry" over any hurt caused by his comments made in a speech last week, in which he quot-

ed a medieval text characterizing some of the Prophet Muhammad's teachings as "evil and inhuman" and calling Islam a religion spread by the sword.

Extremists said the pope's comments proved that the West was in a war against Islam.

Al-Qaeda in Iraq and its allies said Muslims would be victorious and addressed the pope as "the worshipper of the cross," saying "you and the West are doomed as you can see from the defeat in Iraq, Afghanistan, Chechnya and elsewhere." LEE KEATH (AP)

Erroneous Data Cited In Arrest

Canadian police gave U.S. bad info on man sent to Syrian prison

TORONTO | An inquiry into the U.S. transfer of a Canadian citizen to prison in Syria found Canadian authorities gave misleading information to the Americans that likely led to the deportation, a report released Monday said.

After his release in 2003, Syrian-born Maher Arar made detailed allegations about extensive interrogation, beatings and whippings in Syrian prison cells.

Arar was traveling on a Canadian passport when he was detained at a New York airport in September 2002 during a stopover.

Arar said U.S. authorities sent him to Syria for interrogation on suspicion of being a member of al-Qaeda, an allegation he denied.

Canada's federal government established an inquiry in 2004 on the arrest of Arar, who has been cleared of any terrorist ties.

Justice Dennis O'Connor released the report that concluded the Royal Canadian Mounted Police passed misleading, inaccurate and unfair information to U.S. authorities that "very likely" led to their decision to send Arar to Syria. (AP)

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XX140 2x7

World



NATO soldiers examine the scene after a car bombing in Kabul, Afghanistan. Three suicide bombers killed at least 19 people across the country on Monday.

Suicide Blasts Kill 19 in Afghanistan

Four Canadian troops among casualties of day's burst of violence

KAFIR BAND, AFGHANISTAN | Three suicide bombers killed at least 19 people across Afghanistan on Monday, including four Canadian soldiers in an attack that tested NATO's claim of success in driving insurgents from this volatile southern region.

The deadliest attack was in the usually calm western city of Herat, where a militant strapped with explosives and riding a motorbike killed 11 people and wounded 18, officials said.

The third attack, a car bombing in the capital, Kabul, killed at least four policemen and wounded one officer and 10 civilians.

Afghanistan has been suffering the heaviest insurgent attacks since the Taliban was toppled in late 2001, and the bombings came a day after NATO ended a two-week offensive against Taliban fighters in this region that the commander called a "significant success."

NATO's Operation Medusa centered on southern Kandahar province's Panjwayi district, where the first of Monday's suicide bombings killed four Canadian infantrymen delivering aid and wounded an unspecified number of other troops, the Canadian military said.

The bombing was claimed by a purported Taliban spokesman, Qari Yousaf Ahmadi, in a telephone call to an Associated Press reporter.

NATO said 25 civilians also were wounded in the blast in Kafir Band. (AP)

Bombings, Shootings in Iraq Kill 41

BAGHDAD, IRAQ | Bombers and gunmen killed at least 41 people and wounded dozens across Iraq on Monday, while parliament leaders again put off debate on legislation that some Iraqis fear could threaten the country's unity and bring even more violence.

Meeting in Baghdad's heavily fortified Green Zone, political leaders postponed a debate that had

been set for Tuesday on a draft bill to establish autonomous regions as part of a federated Iraq.

Among the day's attacks, two suicide car bombers attacked a police station in Ramadi, killing at least two police officers and wounding 26 people, the Interior Ministry and U.S. military said. A suicide bomber also struck in Tal Afar, killing at least 20 people. (AP)

NIH Vaccine Studies Volunteer Today

The National Institute of Child Health and Human Development is seeking healthy men and women, ages 18 to 45, to participate in an investigational typhoid vaccine study (06-CH-0070) or an investigational anthrax vaccine study (04-CH-0283) conducted at the National Institutes of Health Clinical Center in Bethesda, Maryland.

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World



An epaulette shark that walks on its fins, left, and a Paracheilinus walton fish are among the 52 likely new species discovered off of Indonesia's Papua province.

New Underwater Species Identified

Walking shark among highlights of scientific team's reported finds

BANGKOK, THAILAND | Scientists combing through undersea fauna off Indonesia's Papua province said Monday they had discovered dozens of new species, including a shark that walks on its fins and a shrimp that looks like a praying mantis.

The team from U.S.-based Conservation International also warned that the area — known as Bird's Head Seascape — is under danger from fishermen who use dynamite and cyanide to net their catches and called on Indonesia's government to do more to protect it.

"It's one of the most stunningly beautiful landscapes and seascapes on the planet," said Mark Erdmann, a senior adviser of Conservation

International who led two surveys to the area earlier this year.

Erdmann and his team claim to have discovered 52 new species, including 24 new species of fish, 20 new species of coral and eight new species of shrimp. Among the highlights were an epaulette shark that walks on its fins, a praying mantis-like shrimp and scores of reef-building corals, he said.

Conservation International said papers on two of the new fish species, called flasher wrasse because of the bright colors the male exhibits during mating, have been accepted for publication to the Aqua, Journal of Ichthyology and Aquatic Biology.

The underwater area off Indonesia's Papua province, dubbed Asia's "Coral Triangle," is home to more than 1,200 species of fish and almost 600 species of reef-building coral. MICHAEL CASEY (AP)

Rwandan Singer On Trial for Lyrics Inciting Genocide

ARUSHA, TANZANIA | A renowned Rwandan singer went on trial Monday before a U.N. tribunal, accused of writing lyrics that incited the 1994 genocide in Rwanda that killed more than 500,000 people in just 100 days.

Simon Bikindi, 52, "chose to use his fame to incite hatred," prosecutor Hassan Jallow told the International Criminal Tribunal for Rwanda.

The sight of a singer in the dock was unusual, but the role of propaganda in the Rwandan genocide has been well documented. The organizers of the genocide used the radio



Bikindi

to order Hutus to kill their Tutsi neighbors.

Jallow told The Associated Press that three of Bikindi's songs are at the heart of the trial, one of

which calls on Hutus to remember the suffering under the Tutsi monarchy. Bikindi has said he is not guilty of the charges. (AP)



HORSE CENTS: Virginia legislators are considering a new form of pari-mutuel betting for horse-racing fans as a way to fund transportation. Legislation filed for the General Assembly's special session would pave the way for "instant racing."

Local

Gunman Caught Inside the Capitol

Man crashes a vehicle through barricade in worst breach in 8 years

WASHINGTON | An armed man ran through the hallways of the U.S. Capitol after crashing his vehicle on the Capitol grounds Monday in the worst breach of security since a gunman killed two police officers eight years ago.

Police officials and congressional aides said the man was tackled outside a basement office after leading police on a chase through the building. They said he was carrying a small weapon but there were no reports of shots fired.

The incident occurred shortly after 8 a.m. Aides from several leadership offices said the man



A car sits on the Capitol plaza in Washington on Monday after a man crashed the vehicle through a barricade and into a water fountain in a construction area.

appeared to be having a seizure, possibly drug-related, and that he was transported by ambulance to a hospital.

Construction workers and police said the man, wearing a blue ballcap, drove a sport utility vehicle through a barricade at a huge construction site on the east side of the Capitol, across from the Supreme Court. His vehicle also crashed into a water fountain on the plaza in the middle of the construction area.

One leadership aide said the SUV clipped a police vehicle parked outside the construction area, the site of a visitor's center slated to open next year. JIM ABRAMS (AP)

Dome Spree: The suspect may have obtained the SUV from an earlier carjacking. **Today's Post, Metro.**

Talks Held To Discuss Poll Errors

Montgomery County officials want fixes before next election

ROCKVILLE, MD. | Eager to avoid problems with the Nov. 7 general election, members of the Montgomery County Council met Monday with the county's top elections officials to discuss problems that disrupted voting in the Sept. 12 primaries.

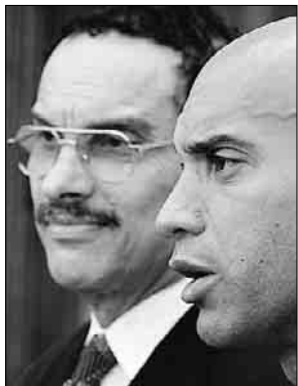
Numerous problems — including missing access cards for electronic voting machines — left county officials with a mountain of provisional paper ballots to be counted. Officials suggested the glitches might have suppressed turnout.

"When word started pumping out early in the morning about the problems ... a lot of people just said, 'The heck with it,'" said County Councilman Howard Denis.

Last Tuesday, access cards needed to operate voting machines were left out of packets prepared for 238 polling locations. DERRILL HOLLY (AP)

Poll Fault: County officials say there is no fast way to communicate with polling venues. **Today's Post, Metro**

WASHINGTON | FENTY



STAFF TRACK: Adrian Fenty, Democratic candidate for Washington mayor, said Monday that Natwar Ghandi will continue as city financial officer.

Allen, Webb Face Off for Second Day

MCLEAN, VA. | Republican Sen. George Allen and his opponent, Democrat Jim Webb, clarified their differences on the Iraq war Monday in their second debate in as many days.

The debate also brought an angry response from Allen when a panelist asked him whether the word he applied to a Webb campaign volun-



Sen. George Allen, left, and Jim Webb shake hands after the debate Monday.

teer of Indian descent, "Macaca," was a racist slur he had learned from his French Tunisian mother.

Allen criticized Webb for saying in Sunday morning's debate on NBC's "Meet The Press" that Iran and Syria needed to be brought into a multinational effort to end the sectarian bloodshed in Iraq. "It doesn't make much sense to me to have a country like Iran ... forming the future of Iraq," he said. (AP)



BY THE NUMBERS: The University of Maryland's journalism school said Monday it has received a \$4.4 million grant to help fund a new building and create an institute to study the future of journalism. (AP)

Herniated Disc Technology Discovered by NASA Scientists

A new free report has recently been released that reveals how breakthrough medical technology is offering new hope for sciatica sufferers. Discover how research has proven non-surgical spinal decompression 86% successful in treating debilitating back pain. Find out how why astronauts don't have back pain and how NASA's accidental discovery lead to the most promising treatment today. For your free report entitled, "How Space Age Technology Is Solving Back Pain Without Drugs Or Surgery!" call 1-800-357-5039 for the toll-free 24 Hour recorded message. Supplies are limited - call now. If phone lines are busy, visit: www.DiscReportVA.com

The Lotteries

Monday, September 18

DISTRICT

Mid-day Lucky Numbers **4-6-8**
Evening Lucky Numbers **9-9-7**
Mid-day DC 4 **1-1-7-0**
Evening DC 4 **6-2-3-4**
Rolling Cash Five **11-31-5-17-28**
Daily 6 **36-3-10-20-27-18 (21)**

MARYLAND

Mid-day Pick 3 **9-5-1**
Evening Pick 3 **7-5-3**
Mid-day Pick 4 **3-1-5-2**
Evening Pick 4 **4-7-7-4**
Match 5 **11-20-27-29-32 (19)**

VIRGINIA

Mid-day Pick 3 **9-1-3**
Mid-day Pick 4 **0-6-5-4**
Mid-day Cash 5 **6-16-17-20-26**

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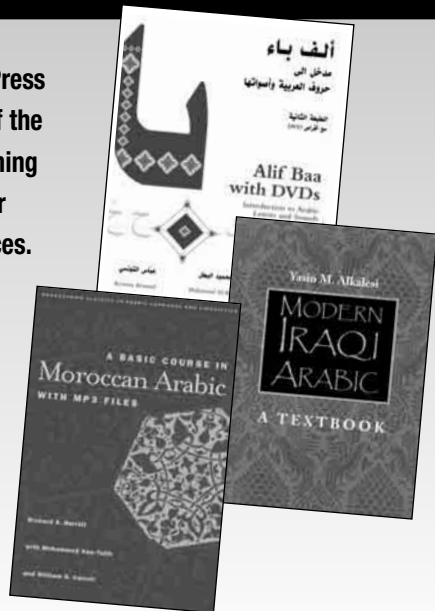
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Money

'Landmark' Music Deal for YouTube

Warner Music agrees to make videos, songs available on Web site

SAN FRANCISCO | Warner Music Group Corp. has agreed to distribute and license its copyrighted songs and other material through online video trendsetter YouTube Inc., marking another significant step in the entertainment industry's migration to the Internet.

Under a revenue-sharing deal announced Monday, New York-based Warner Music has agreed to transfer thousands of its music videos and interviews to YouTube, a San Mateo, Calif.-based startup that has become a cultural touchstone.

Perhaps even more important for YouTube is that Warner Music has agreed to license its songs to the millions of ordinary people who upload their homemade videos to

the Web site.

"We are very excited," YouTube co-founder and CEO Chad Hurley said in a phone interview Sunday. "This is a real landmark for our company."

Warner Music ranks as the country's third-largest recording company with annual revenue of \$3.5 billion.

Many of YouTube's most widely watched videos already include copyrighted music, raising the specter of a legal showdown with record labels and artists seeking to protect their right to be paid for the material.

Even as rampant copyright violations have popped up on the site, Hurley and his partner Steve Chen have insisted that they want to work with music, movie and television executives to help them take advantage of a new distribution channel as YouTube tries to translate its popularity into profits. (AP)



An outbreak of E. coli tied to fresh spinach has sickened more than 100 people.

FDA Rules Out Tampering in Spinach Probe

WASHINGTON | Tampering is not suspected in an outbreak of E. coli bacteria linked to fresh spinach, U.S. health officials said Monday as they probed for a source of the contamination and warned consumers not to resume eating uncooked spinach products.

The FDA has linked a California company's fresh spinach to the outbreak, which has killed one person and sickened at least 108 others. Possible sources of the bacteria include contaminated irrigation water, known to be a problem in the state's Salinas Valley, a major produce-growing area.

E. coli cases linked to tainted spinach have been reported in 19 states, with Wisconsin reporting the most cases, including the death of a 77-year-old woman. (AP)



FIXING IT: The Home Depot Inc., the nation's largest home improvement store chain, says it is hiring more than 1,000 new employees across the country as part of its latest effort to improve its stores. The hiring is part of Home Depot's plan to invest another \$350 million in its stores, as it tries to improve customer service amid a slowing economy. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
SymbiIT	14.67	+1.96	+15.4
PlainsEx	43.72	+3.86	+9.7
Amrep	47.00	+3.32	+7.6
DianaShip	13.75	+.92	+7.2
Hornbeck	34.40	+2.24	+7.0

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
HlthSprgn	19.87	-2.43	-10.9
EstANG	25.58	-2.92	-10.2
FirstData	41.25	-3.40	-7.6
MoneyGrm	31.22	-1.92	-5.8
W Holding	5.66	-.31	-5.2

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
NoEmpB	27.95	+3.97	+16.6
OmniEnr	8.25	+1.10	+15.4
ClickSft	2.46	+.29	+13.4
Novacea n	7.65	+.89	+13.2
Iomai n	4.21	+.08	+1.9

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Aftmarkt	17.98	-3.19	-15.1
Sonesta	16.70	-2.70	-13.9
GevityHR	20.92	-3.31	-13.7
Angelon	7.04	-1.04	-12.9
ArQule	4.02	-.45	-10.1

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.1875	5.25
3-month disc	4.83	4.81
2-year	4.88	4.83
10-year	4.81	4.80
30-year	4.93	4.94

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5317	.5320	.5537
Canadian Dollar	1.1177	1.1188	1.1800
European Euro	.7871	.7900	.8180
Japanese Yen	117.85	117.79	111.33
Mexican Peso	10.8990	10.9325	10.8530
Taiwanese Dollar	32.91	32.92	32.88

DOW	NASDAQ	S&P 500
-5.77	+0.16	+1.31
-0.05	+0.01	+0.10
11555.00	2235.75	1321.18

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	69.76	-.01	-11.5
Amylin	44.75	+.32	+12.1
BiogenIdc	43.57	-.33	-3.8
Celgene s	42.13	+.95	+30.0
ChRvLab	41.86	-.23	-1.2
GenProbe	48.31	+1.44	-1.0
Genentch	79.02	+.03	-14.6
Genzyme	67.31	-1.50	-4.9
GileadSci	64.82	+.07	+23.3
Imclone	30.52	-.25	-10.9
Invitrogn	64.30	+.41	-3.5
MedImun	29.01	-.48	-17.2
MillPhar	10.64	-.34	+9.7
QIAGEN	14.88	+.39	+26.6
VertexPh	32.60	-.38	+17.8



RETURN OF THE KING: An unfinished story by geek god J.R.R. Tolkien is coming out next spring. By Gandalf's pointed ears, 'tis true! Tolkien's son edited the epic tale "The Children of Hurin," which his father began in 1918 but never finished.

Entertainment

Lee Won't Disappear

Evanescence singer is back with a new band and a new CD

GOTHIC CHIC | In 2003, Amy Lee's band Evanescence skyrocketed to fame and won two Grammys, but the threads that held the band together soon began to fray. Co-founder Ben Moody abruptly left mid-tour in 2003; his replacement, former Cold guitarist Terry Balsamo, suffered a stroke last year; and bassist Will Boyd opted out of the group in July. Lee said the trials made her more independent. Evanescence's new CD "The Open Door," due Oct. 3, is an ode to a stronger Lee.

Were you under pressure to produce a follow-up hit after "Fallen"? I think people sometimes lose the love of what they do and just try to put out another record. That's a crime. If you don't feel it, wait until you're hungry for it.

How is "The Open Door" different from "Fallen"?

What music is for me and what Evanescence has been is me purging all of the negative and hard, difficult experiences that I've had in life. Naturally, that's still coming across; I'm still purging the trials.



FROM HER MOUTH TO GOD'S EARS: Lee says she never wanted to be associated with Christian rock, that she's matured and that's she getting ready for a big tour.

I feel like this album comes from a place that is not so hopeless."

What is it like having such a different configuration of the band?

The biggest difference is Ben [Moody]. We formed the band together; we were the main writers. ... It had gotten to the point where it was so horrible and dramatic, it was a relief and I knew the band could continue.

Why are there so few female rockers today?

In the music industry today, there are a lot of holes. I miss great female rockers like Joan Jett. ... No one had the power, not the sex appeal, the real power of rock'n'roll.

Is Evanescence a Christian band?

Can we please skip the Christian thing? I'm over it. It's the lamest thing. ... It was a Ben thing.

You were a teen when "Fallen" broke. Are you more comfortable?

In the beginning, I was so wide-eyed. It's fun now. I used to think I didn't belong, like "Everyone thinks I'm a dork, everybody hates me." ... I don't feel like that anymore. Especially after writing this album, I feel like I am an artist, and I respect myself a lot more.

TAMARA CONNIFF (BILLBOARD)

Black Keys Do It Again

Garage-blues heroes mine familiar territory for 'Magic Potion'

ROOT ROCKERS | After 2004's superlative "Rubber Factory," garage-blues duo the Black Keys faced a choice: continue widening its template like the White Stripes or dig deeper into its primordial roots. The Keys answered that question earlier this year with the Junior Kimbrough tribute EP,



The Black Keys, chilling in a time warp where even the gas tanks are retro.

"Chulahoma." Another new CD, "Magic Potion," continues the band's exploration of blues.

In a perfect world, rockers like "Just Got To Be" and "Give Your Heart Away" would be grandfathered into classic-rock radio formats, given that guitarist/vocalist Dan Auerbach's love and mastery of blues and arena riffs make him a 21st-century Jimmy Page. Still, "Magic Potion" plays it safe compared with its predecessor, which makes it a step back for the

band. Sure, there's some shimmering distortion on the aptly named "The Flame," and the band makes a rare concession to modern times with the lyric "Our leaders are all appalling" on the buzz-saw blues number "Goodbye Babylon." On the whole, though, it's not an adventurous record, and the Keys are content to rock comfortably rather than challenge themselves the way a band of their caliber should.

Granted, there are only so many directions a guitar-and-drum blues duo can go, and nobody does it better than the Black Keys. Still, "Magic Potion" feels like a retreat. **STEPHEN HAAG** (THE HARTFORD CURANT)

Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE WASHINGTONPOST.COM/ENTERTAINMENT



ARIANNA HUFFINGTON The Bravery

1 Huffington — the ex-wife of an ex-congressman, nationally syndicated columnist, television personality and mind behind the excellent blog huffingtonpost.com — will sign copies of her book "On Becoming Fearless ... In Love, Life and Work." "Fearless" is a common-sense feminist self-help manual. Heck, it's worked for her. → *Olsson's, 418 7th St. NW; 12:30 p.m., free; 202-638-7610. (Gallery Place).*

THE DEAD KENNEDYS Not Everyone Loves Jello

2 Having finally triumphed in a long-running lawsuit against erstwhile singer Jello Biafra, East Bay Ray et al. are touring with a new frontman. If this is anywhere near as good as Biafra's Black Cat gig with the Melvins last year, it'll be worth the price of admission. → *The State Theatre, 220 N. Washington St., Falls Church; with the Rachets, the Generators, 8 p.m., \$17; 703-237-0300. (East Falls Church)*

THE BRAIN AS IT AGES Science on the Brain

3 The National Academy of Science's official museum presents the director of George Washington University's Center on Aging, who will discuss "Staying Sharp," and how the latest scientific advances could impact memory and language. → *Koshland Science Museum, 6th & E streets NW; noon, free; 202-334-1201, koshland-science.org. (Mount Vernon Square)*

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A New Life On Wheels

'Man Push Cart': Immigrants' lives' little-known sides

AMERICAN STORIES | Pushcart vendors dot New York City, peddling coffee, doughnuts, hot dogs, kebabs and more. In the movie "Man Push Cart," Iranian-born writer and director Ramin Bahrani tries to raise awareness of these people through the fictional tale of one.

The movie, which screens at AFI Silver tonight as part of the D.C. Labor Film Festival, follows a young man named Ahmad, who left life as a rock star — the Bono of Pakistan! — to follow the woman he loves to America. But, now, Ahmad's wife has died and his in-laws have largely taken possession of the couple's son, leaving Ahmad to fend and vend alone.

"One of the things I was interested in in his character is the fact that these kinds of people serve us everywhere in the world, but we don't really pay much attention to them in our lives or in our cinema."

Bahrani said.

The movie's pace is set by Ahmad's daily routine. Over and over he hauls his cart to work in the dead of night. Many shots focus on Ahmad's hands as he doles out coffee and bagels — and porn. Bahrani has cited Albert Camus' essay "The Myth of Sisyphus" as one of his inspirations.

Bahrani's film is carried by the lead actor, Ahmad Razvi, a New Yorker of Pakistani descent whose many jobs have included pushcart vending. The toil of immigrants is a subject close to Razvi's heart. He helped found the Council of Peoples Organization, a New York-based social-service agency that helps South Asians and others in need.

"A lot of these taxi drivers or these people doing odd jobs, they come from another world where they're doctors, they're professors, they're engineers," said Razvi, 33, who came to the U.S. as a 6-year-old. "This guy had everything in his life. ... But he chose to leave all that because he was in love."

NAHAL OOSI (AP)

nine simple
numbers

you learned
by age 3

	6		1		4		5	
		8	3		5	6		
2								1
8			4	7				6
		6				3		
7			9		1			4
5								2
		7	2		6	9		
	4		5		8		7	

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Entertainment

Beyond Celebs

Megan Mullally will showcase regular folks on her talk show

CHAT WALK | She got the itch at David Letterman's desk.

Megan Mullally, long an audience fave on "Will & Grace," had already moonlighted once or twice as a guest host on other talk shows. But subbing for a laid-up Letterman in March 2003 — and feeling comfortable, relaxed and in her element — Mullally had a revelation, right there on "Late Show."

"It had never occurred to me that hosting a talk show was a job that you could actually have," she said. "It had seemed like a very far-fetched profession. Like being an astronaut."

Now she's about to blast off with her own weekday talk-variety hour, "The Megan Mullally Show." Her first guest, Will Ferrell, is not a bad get.

But the show will be more than star chat. Mullally also promises comedy and music. And, as a singer who starred on Broadway in the musicals "Grease" and "How to Succeed in Business Without Really Trying" and who fronts her own band, Supreme Music Program, she will occasionally favor viewers with a song.

"We're gonna get away from the celebrity culture a little bit," she added, explaining that regular folks will be an important part of



I, NORMAL: Mullally, 47, describes herself as an "average Joe" who has little in common with her "wealthy, alcoholic, bee-atch" "Will & Grace" character, Karen.

the guest mix. "We want to remind people that everybody's special and has a story to tell."

Launching in tandem with the show will be a Web site where viewers are invited to upload short films and other self-expression that could possibly appear on the air.

She likens the sensation of appearing as herself to an out-of-body experience in which she can keep tabs on herself to keep it real.

It starts even before she goes on camera.

"I lock myself in my dressing room and just look at my knee, or a spot on the wall," she said. "You have to get out of everything for a minute, and just be an organism functioning on the globe. Otherwise, you're this entertainment robot in a dog-and-pony show and you don't have anything to offer of yourself."

FRAZIER MOORE (AP)



Gene Hackman made an indelible mark as the surveillance expert Harry Caul.

headed toward ABC, where the general plot — a surveillance expert is hired to eavesdrop on people, only

to hear much more than he wants to — holds possibilities for serialization, but without Gene Hackman in the starring role, we're not sure if the jump is worth it.

Still, this project has an impressive pedigree: "24" producer Tony Krantz and writers Christopher McQuarrie ("The Usual Suspects" and director of 2000's "The Way of the Gun") and Erik Jendresen ("Band of Brothers") are on board. So whatever "The Conversation" becomes on TV, it won't be a comedy. ARION BERGER (EXPRESS)



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GALLERY PLACE STADIUM 14 701 Seventh St NW 800-FANDANGO 1721# Adv. Tix on Sale JACKASS: NUMBER TWO (R) - ID REQ'D ★ THE LAST KISS (R) - ID REQ'D DIG (1200 230 500) 730 1005 GRIDIRON GANG (PG-13) DIG (1225 110 320 415) 635 720 935 1020 THE BLACK DAHLIA (R) - ID REQ'D DIG (1215 100 310 400) 625 710 930 1010 OC: THE COVENANT (PG-13) DIG (235) 955 THE PROTECTOR (R) - ID REQ'D DIG (1240 300 535) 755 1015 THE COVENANT (PG-13) DIG (1205 505) 730 HOLLYWOODLAND (R) - ID REQ'D DIG (1250 420) 735 1025 THE WICKER MAN (PG-13) DIG (350) 1035 CRANK (R) - ID REQ'D DIG (1210 220 435) 700 920 CROSSOVER (PG-13) DIG (115) 750 INVINCIBLE (PG) DIG (1220 250 530) 810 1040 IDLEWILD (R) - ID REQ'D DIG (1200 1255 225 325 450) 620 715 900 950 LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1200 1255 225 325 450) 620 715 900 950	Adv. Tix on Sale JACKASS: NUMBER TWO (R) - ID REQ'D ★ THE LAST KISS (R) - ID REQ'D DIG (240 515) 750 1025 GRIDIRON GANG (PG-13) DIG (130 200 430 500) 730 800 1030 THE BLACK DAHLIA (R) - ID REQ'D DIG (100 140 400 440) 700 740 1000 EVERYONE'S HERO (G) DIG (230 450) 720 940 OC: THE COVENANT (PG-13) DIG (625) 1025 THE PROTECTOR (R) - ID REQ'D DIG (235 455) 715 930 THE COVENANT (PG-13) DIG (150 250 425) 655 755 925 THE WICKER MAN (PG-13) DIG (120 405) 645 CRANK (R) - ID REQ'D DIG (255 510) 725 935 CROSSOVER (PG-13) DIG (125 410) 640 910 INVINCIBLE - DIGITAL PROJECTION (PG) DIG (145 420) 735 1010 IDLEWILD (R) - ID REQ'D DIG (220 520) 810 THE ILLUSIONIST (PG-13) DIG (135 420) 710 950 SNAKES ON A PLANE (R) - ID REQ'D DIG (225 505) 745 1020 TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (1220 250 530) 810 1040	Adv. Tix on Sale JACKASS: NUMBER TWO (R) - ID REQ'D ★ THE LAST KISS (R) - ID REQ'D DIG (1230 130 330 430) 715 800 1015 THE BLACK DAHLIA (R) - ID REQ'D DIG (100 415) 730 1030 THE LAST KISS (R) - ID REQ'D DIG (1245 420) 740 1020 EVERYONE'S HERO (G) DIG (1200 230 450) 720 945 THE PROTECTOR (R) - ID REQ'D DIG (1220 250 500) 710 1000 THE COVENANT (PG-13) DIG (1230 300 520) 740 1015 HOLLYWOODLAND (R) - ID REQ'D DIG (1245 400) 730 1030 THE WICKER MAN (PG-13) DIG (1240 510) 745 1025 CRANK (R) - ID REQ'D DIG (1240 310 515) 800 1010 INVINCIBLE (PG) DIG (120 440) 730 1005 THE ILLUSIONIST (PG-13) DIG (100 410) 700 1000 BARNYARD (PG) DIG (1200 215 445) 710 950 LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (115 430) 715 1020
BALLSTON COMMON STADIUM 12 Glebe Rd, Arlington 800-FANDANGO 377# Adv. Tix on Sale JACKASS: NUMBER TWO (R) - ID REQ'D ★ THE LAST KISS (R) - ID REQ'D DIG (1200 230 500) 730 1005 GRIDIRON GANG (PG-13) DIG (1225 110 320 415) 635 720 935 1020 THE BLACK DAHLIA (R) - ID REQ'D DIG (1215 100 310 400) 625 710 930 1010 OC: THE COVENANT (PG-13) DIG (235) 955 THE PROTECTOR (R) - ID REQ'D DIG (1240 300 535) 755 1015 THE COVENANT (PG-13) DIG (1205 505) 730 HOLLYWOODLAND (R) - ID REQ'D DIG (1250 420) 735 1025 THE WICKER MAN (PG-13) DIG (350) 1035 CRANK (R) - ID REQ'D DIG (1210 220 435) 700 920 CROSSOVER (PG-13) DIG (115) 750 INVINCIBLE (PG) DIG (1220 250 530) 810 1040 IDLEWILD (R) - ID REQ'D DIG (1200 1255 225 325 450) 620 715 900 950 LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1200 1255 225 325 450) 620 715 900 950	Adv. Tix on Sale JACKASS: NUMBER TWO (R) - ID REQ'D ★ THE LAST KISS (R) - ID REQ'D DIG (215 500) 750 1025 STREET (R) - ID REQ'D ★ THE LAST KISS (R) - ID REQ'D DIG (1220 220 420 520) 720 820 1030 GRIDIRON GANG (PG-13) DIG (1150 140 230 440 530) 740 830 1035 THE BLACK DAHLIA (R) - ID REQ'D DIG (1210 240 510) 730 950 EVERYONE'S HERO (G) DIG (450) 1005 OC: THE COVENANT (PG-13) DIG (1240 330 545) 815 1030 THE PROTECTOR (R) - ID REQ'D DIG (1250 200 320 550) 710 840 THE COVENANT (PG-13) DIG (115 415) 715 1015 HOLLYWOODLAND (R) - ID REQ'D DIG (1220 250 515) 745 1020 THE WICKER MAN (PG-13) DIG (1230 310 540) 800 1010 CRANK (R) - ID REQ'D DIG (1205 210 445) 650 930 HOW TO EAT FRIED WORMS (PG) DIG (1245 345) 645 930 INVINCIBLE (PG) DIG (110 400) 655 940 ACCEPTED (PG-13) DIG (145 410) 635 910 BARNYARD (PG) DIG (145 410) 635 910 TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (1200 215 445) 710 950 LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (150 430) 700 1000 MONSTER HOUSE DIGITAL 3D: \$1.50 FEE FOR 3D (PG) DIG (130 350) 625 PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1155 315) 630 945	Adv. Tix on Sale JACKASS: NUMBER TWO (R) - ID REQ'D ★ THE LAST KISS (R) - ID REQ'D DIG (150 445) 745 1020 GRIDIRON GANG (PG-13) DIG (1210 110 300 410) 650 720 945 1015 THE BLACK DAHLIA (R) - ID REQ'D DIG (110 400) 730 1020 EVERYONE'S HERO (G) DIG (120 345) 700 930 OC: THE COVENANT (PG-13) DIG (445) 1010 THE PROTECTOR (R) - ID REQ'D DIG (200 500) 815 1030 THE COVENANT (PG-13) DIG (140) 745 HOLLYWOODLAND (R) - ID REQ'D DIG (100 400) 645 940 HOLLYWOODLAND (R) - ID REQ'D DIG (150 500) 800 1030 HOW TO EAT FRIED WORMS (PG) DIG (120 330) INVINCIBLE (PG) DIG (140 430) 730 1000 THE ILLUSIONIST (PG-13) DIG (130 415) 715 950 TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (110 345) 645 930 LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (130 430) 700 950 PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (630 940)
BOWIE STADIUM 14 15200 Major Lansdale Blvd 800-FANDANGO 454# Adv. Tix on Sale JACKASS: NUMBER TWO (R) - ID REQ'D ★ GRIDIRON GANG (PG-13) DIG (1230 130 345 445) 645 745 945 THE BLACK DAHLIA (R) - ID REQ'D DIG (1245 345) 645 945 EVERYONE'S HERO (G) DIG (1230 300 530) 800 1030 THE COVENANT (PG-13) DIG (200 400 500) 700 815 930 THE PROTECTOR (R) - ID REQ'D DIG (145 445) 715 930 THE ILLUSIONIST (PG-13) DIG (130 430) 730 1030 HOLLYWOODLAND (R) - ID REQ'D DIG (115 415) 715 1015 CROSSOVER (PG-13) DIG (1245 315 545) 815 CRANK (R) - ID REQ'D DIG (145 500) 800 1015 THE WICKER MAN (PG-13) DIG (200 430) 745 1015 IDLEWILD (R) - ID REQ'D DIG (100 400) 700 1000 INVINCIBLE (PG) DIG (115 415) 700 1000 TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (100)	Adv. Tix on Sale JACKASS: NUMBER TWO (R) - ID REQ'D ★ THE LAST KISS (R) - ID REQ'D DIG (1200 220 455) 755 1020 GRIDIRON GANG (PG-13) DIG (1245 145 345 445) 730 815 1030 THE BLACK DAHLIA (R) - ID REQ'D DIG (115 440) 740 1025 EVERYONE'S HERO (G) DIG (1215 225 450) 715 940 THE PROTECTOR (R) - ID REQ'D DIG (1210 210 435) 735 945 THE COVENANT (PG-13) DIG (1200 215 440) 745 1010 HOLLYWOODLAND (R) - ID REQ'D DIG (100 425) 725 1015 THE WICKER MAN (PG-13) DIG (130 410) 710 935 CRANK (R) - ID REQ'D DIG (1240 250 500) 800 1005 INVINCIBLE (PG) DIG (155 420) 720 955 THE ILLUSIONIST (PG-13) DIG (1205 230 500) 805 1035 LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1205 230 455) 755 1020	Adv. Tix on Sale JACKASS: NUMBER TWO (R) - ID REQ'D ★ THE LAST KISS (R) - ID REQ'D DIG (1145 220 450) 745 1020 GRIDIRON GANG (PG-13) DIG (1210 110 300 410) 650 720 945 1015 THE BLACK DAHLIA (R) - ID REQ'D DIG (1240 340) 740 1025 EVERYONE'S HERO (G) DIG (1140 200 420) 730 950 THE PROTECTOR (R) - ID REQ'D DIG (1205 215 430) 800 1010 THE COVENANT (PG-13) DIG (1155 225 455) 755 1020 HOLLYWOODLAND (R) - ID REQ'D DIG (1230 330) 645 935 THE WICKER MAN (PG-13) DIG (1255 350) 710 955 CRANK (R) - ID REQ'D DIG (1220 235 445) 750 1000 INVINCIBLE (PG) DIG (100 345) 700 940 THE ILLUSIONIST (PG-13) DIG (1245 320) 640 925 BARNYARD (PG) DIG (1200 215 445) 710 950 TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (920 LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (115 355) 710 955
BETHESDA 10 7272 Wisconsin Avenue 800-FANDANGO 569# Adv. Tix on Sale JACKASS: NUMBER TWO (R) - ID REQ'D ★ GRIDIRON GANG (PG-13) DIG (110 410) 720 1010 EVERYONE'S HERO (G) DIG (200 420) 700 920 THE COVENANT (PG-13) DIG (105 345) 655 940 HOLLYWOODLAND (R) - ID REQ'D DIG (100 400) 710 1000 THE WICKER MAN (PG-13) DIG (145 440) 740 1010 CRANK (R) - ID REQ'D DIG (150 435) 745 1005 INVINCIBLE (PG) DIG (120 430) 730 955 ACCEPTED (PG-13) DIG (130 350) 650 930 TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (100 340) 705 945 THE DEVIL WEARS PRADA (PG-13) DIG (140 415) 725 1005	Adv. Tix on Sale JACKASS: NUMBER TWO (R) - ID REQ'D ★ THE LAST KISS (R) - ID REQ'D DIG (1200 220 455) 755 1020 GRIDIRON GANG (PG-13) DIG (1245 145 345 445) 730 815 1030 THE BLACK DAHLIA (R) - ID REQ'D DIG (115 440) 740 1025 EVERYONE'S HERO (G) DIG (1215 225 450) 715 940 THE PROTECTOR (R) - ID REQ'D DIG (1210 210 435) 735 945 THE COVENANT (PG-13) DIG (1200 215 440) 745 1010 HOLLYWOODLAND (R) - ID REQ'D DIG (100 425) 725 1015 THE WICKER MAN (PG-13) DIG (130 410) 710 935 CRANK (R) - ID REQ'D DIG (1240 250 500) 800 1005 INVINCIBLE (PG) DIG (155 420) 720 955 THE ILLUSIONIST (PG-13) DIG (1205 230 500) 805 1035 LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1205 230 455) 755 1020	Adv. Tix on Sale JACKASS: NUMBER TWO (R) - ID REQ'D ★ THE LAST KISS (R) - ID REQ'D DIG (1145 220 450) 745 1020 GRIDIRON GANG (PG-13) DIG (1210 110 300 410) 650 720 945 1015 THE BLACK DAHLIA (R) - ID REQ'D DIG (1240 340) 740 1025 EVERYONE'S HERO (G) DIG (1140 200 420) 730 950 THE PROTECTOR (R) - ID REQ'D DIG (1205 215 430) 800 1010 THE COVENANT (PG-13) DIG (1155 225 455) 755 1020 HOLLYWOODLAND (R) - ID REQ'D DIG (1230 330) 645 935 THE WICKER MAN (PG-13) DIG (1255 350) 710 955 CRANK (R) - ID REQ'D DIG (1220 235 445) 750 1000 INVINCIBLE (PG) DIG (100 345) 700 940 THE ILLUSIONIST (PG-13) DIG (1245 320) 640 925 BARNYARD (PG) DIG (1200 215 445) 710 950 TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (920 LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (115 355) 710 955
ROCKVILLE CENTER STADIUM 13 Rockville Town Center 800-FANDANGO 248# Free Theatre Parking- Monroe Street Garage Weeknights after 9 PM- all day Saturday/Sunday Adv. Tix on Sale JACKASS: NUMBER TWO (R) - ID REQ'D ★ THE LAST KISS (R) - ID REQ'D DIG (1200 220 455) 755 1020 GRIDIRON GANG (PG-13) DIG (1245 145 345 445) 730 815 1030 THE BLACK DAHLIA (R) - ID REQ'D DIG (115 440) 740 1025 EVERYONE'S HERO (G) DIG (1215 225 450) 715 940 THE PROTECTOR (R) - ID REQ'D DIG (1210 210 435) 735 945 THE COVENANT (PG-13) DIG (1200 215 440) 745 1010 HOLLYWOODLAND (R) - ID REQ'D DIG (100 425) 725 1015 THE WICKER MAN (PG-13) DIG (130 410) 710 935 CRANK (R) - ID REQ'D DIG (1240 250 500) 800 1005 INVINCIBLE (PG) DIG (155 420) 720 955 THE ILLUSIONIST (PG-13) DIG (1205 230 500) 805 1035 LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (1205 230 455) 755 1020	Adv. Tix on Sale JACKASS: NUMBER TWO (R) - ID REQ'D ★ THE LAST KISS (R) - ID REQ'D DIG (1145 220 450) 745 1020 GRIDIRON GANG (PG-13) DIG (1210 110 300 410) 650 720 945 1015 THE BLACK DAHLIA (R) - ID REQ'D DIG (1240 340) 740 1025 EVERYONE'S HERO (G) DIG (1140 200 420) 730 950 THE PROTECTOR (R) - ID REQ'D DIG (1205 215 430) 800 1010 THE COVENANT (PG-13) DIG (1155 225 455) 755 1020 HOLLYWOODLAND (R) - ID REQ'D DIG (1230 330) 645 935 THE WICKER MAN (PG-13) DIG (1255 350) 710 955 CRANK (R) - ID REQ'D DIG (1220 235 445) 750 1000 INVINCIBLE (PG) DIG (100 345) 700 940 THE ILLUSIONIST (PG-13) DIG (1245 320) 640 925 BARNYARD (PG) DIG (1200 215 445) 710 950 TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (920 LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (115 355) 710 955	MANASSAS STADIUM 14 11880 Bulloch Drive 800-FANDANGO 490# Adv. Tix on Sale JACKASS: NUMBER TWO (R) - ID REQ'D ★ THE LAST KISS (R) - ID REQ'D DIG (1145 220 450) 745 1020 GRIDIRON GANG (PG-13) DIG (1210 110 300 410) 650 720 945 1015 THE BLACK DAHLIA (R) - ID REQ'D DIG (1240 340) 740 1025 EVERYONE'S HERO (G) DIG (1140 200 420) 730 950 THE PROTECTOR (R) - ID REQ'D DIG (1205 215 430) 800 1010 THE COVENANT (PG-13) DIG (1155 225 455) 755 1020 HOLLYWOODLAND (R) - ID REQ'D DIG (1230 330) 645 935 THE WICKER MAN (PG-13) DIG (1255 350) 710 955 CRANK (R) - ID REQ'D DIG (1220 235 445) 750 1000 INVINCIBLE (PG) DIG (100 345) 700 940 THE ILLUSIONIST (PG-13) DIG (1245 320) 640 925 BARNYARD (PG) DIG (1200 215 445) 710 950 TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (920 LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (115 355) 710 955

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THE BLACK DAHLIA (R) 1:35, 2:45, 4:20, 5:45, 7:30, 8:45, 10:15
EVERYONE'S HERO (G) 1:10, 3:30, 5:50, 8:05, 10:20
GRIDIRON GANG (PG13) 1:30, 2:30, 4:25, 5:25, 7:20, 8:25, 10:15
THE LAST KISS (R) 2:25, 5:10, 7:50, 10:20
THE COVENANT (PG13) 1:30, 2:45, 4:05, 5:20, 6:45, 8:05, 9:30, 10:25
THE COVENANT (PG13) 1:30, 4:05, 6:45, 9:30
CRANK (R) 1:20, 3:35, 5:55, 8:00, 10:10
CROSSOVER (PG13) 2:10, 4:35, 6:50, 9:15
THE WICKER MAN (PG13) 1:20, 4:10, 6:50, 9:25
BEERFEST (R) 2:15, 7:25
HOW TO EAT FRIED WORMS (PG) 1:50, 4:40
INVINCIBLE (PG) 1:55, 4:20, 7:15, 10:00
ACCEPTED (PG13) 5:00, 10:00
SNAKES ON A PLANE (R) 5:40, 10:25
STEP UP (PG13) 7:00, 9:30
WORLD TRADE CENTER (PG13) 5:35, 8:30
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 1:00, 3:20
THE DESCENT (R) 3:20, 8:05
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 2:00, 4:40, 7:15, 9:45

AMC SELECT
HOLLYWOODLAND (R) 1:35, 4:30, 7:25, 10:15
THE PROTECTOR (R) 1:00, 3:15, 5:30, 7:50, 10:00
THE ILLUSIONIST (PG13) 1:50, 4:40, 7:20, 9:55
IDLEWILD (R) 1:10, 3:55, 6:40, 9:40
LITTLE MISS SUNSHINE (R) 2:20, 4:50, 7:30, 10:05

AMC SPRINGFIELD MALL 10
Loisdale and Franconia Road
703-971-3991

THE BLACK DAHLIA (R) 1:30, 4:30, 8:15
EVERYONE'S HERO (G) 2:00, 5:00, 8:00
GRIDIRON GANG (PG13) 1:50, 4:40, 8:30
THE COVENANT (PG13) 5:00, 7:45
CRANK (R) 4:30, 6:30, 8:30
CROSSOVER (PG13) 8:15
THE WICKER MAN (PG13) 5:10, 8:00
INVINCIBLE (PG) 1:40, 4:50, 8:45
WORLD TRADE CENTER (PG13) 4:40, 7:30
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 4:50

AMC SELECT
THE PROTECTOR (R) 4:35, 6:40, 8:45

AMC MAZZA GALLERIE
Jennifer and Wisconsin
202-342-9553

THE BLACK DAHLIA (R) 2:15, 5:00, 7:50
THE BLACK DAHLIA (R) 2:15, 5:00, 7:50
EVERYONE'S HERO (G) 2:30, 4:40, 7:00
GRIDIRON GANG (PG13) 2:00, 4:50, 7:40
THE LAST KISS (R) 3:00, 5:30, 7:50
MATERIAL GIRLS (PG) 4:45
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 2:45, 5:20, 8:00

AMC SELECT
HOLLYWOODLAND (R) 2:00, 4:50, 7:40
IDLEWILD (R) 2:05

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

THE BLACK DAHLIA (R) 1:15, 2:15, 4:05, 5:05, 7:00, 8:00, 9:55, 10:45
THE BLACK DAHLIA (R) 2:15, 5:05, 8:00, 10:45
GRIDIRON GANG (PG13) 1:10, 4:10, 7:10, 10:25
THE LAST KISS (R) 2:50, 5:20, 7:55, 10:30
THE COVENANT (PG13) 1:05, 3:15, 5:40, 8:05, 10:35
CRANK (R) 3:20, 5:30, 7:40, 9:50
THE WICKER MAN (PG13) 1:00
INVINCIBLE (PG) 1:55, 4:20, 7:05, 10:15
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 4:40, 10:00

AMC SELECT
HOLLYWOODLAND (R) 1:30, 2:30, 4:25, 5:25, 7:15, 8:15, 10:10
THE PROTECTOR (R) 1:25, 3:40, 5:50, 8:10, 10:40
THE ILLUSIONIST (PG13) 2:10, 4:50, 7:30, 10:05
IDLEWILD (R) 1:50, 7:20
LITTLE MISS SUNSHINE (R) 11:00, 1:45, 2:45, 4:15, 5:15, 6:45, 9:20, 10:20

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
202-333-3456

WORLD TRADE CENTER (PG13) 2:00, 5:00, 8:00

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

THE BLACK DAHLIA (R) 1:30, 3:20, 4:20, 6:05, 7:20, 9:00, 10:05
EVERYONE'S HERO (G) 2:25, 4:50, 7:15, 9:25
GRIDIRON GANG (PG13) 1:20, 3:15, 4:10, 6:10, 7:10, 9:05, 10:00
THE LAST KISS (R) 2:00, 4:30, 7:00, 9:30
THE COVENANT (PG13) 2:40, 5:05, 7:25, 9:50
CRANK (R) 1:05, 3:10, 5:25, 7:50, 9:55
CROSSOVER (PG13) 5:00, 9:45
THE WICKER MAN (PG13) 2:10, 4:40, 7:15, 9:40
INVINCIBLE (PG) 1:55, 4:25, 6:55, 9:35
ACCEPTED (PG13) 5:15, 10:15
STEP UP (PG13) 2:35, 7:25
WORLD TRADE CENTER (PG13) 9:15 PM
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 2:20, 4:55, 6:50
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 2:15, 5:00, 7:35, 10:10

AMC SELECT
HOLLYWOODLAND (R) 1:25, 4:15, 7:05, 9:50
THE PROTECTOR (R) 1:15, 3:25, 5:30, 7:40, 9:55
THE ILLUSIONIST (PG13) 1:50, 4:25, 7:00, 9:35
IDLEWILD (R) 2:30, 7:30
LITTLE MISS SUNSHINE (R) 2:05, 4:30, 7:05, 9:40

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
410-423-0520

THE BLACK DAHLIA (R) 1:50, 4:40, 7:30, 10:15
EVERYONE'S HERO (G) 1:00, 3:10, 5:20, 7:20, 9:25
GRIDIRON GANG (PG13) 1:10, 4:10, 7:10, 10:05
THE LAST KISS (R) 2:30, 5:10, 7:40, 10:10
THE COVENANT (PG13) 1:15, 3:35, 5:55, 8:10, 10:30
CRANK (R) 1:20, 3:20, 5:30, 7:35, 9:40
THE WICKER MAN (PG13) 1:30, 4:05, 7:25, 10:00
INVINCIBLE (PG) 2:00, 4:30, 7:00, 9:30
INVINCIBLE (PG) 2:00, 4:30, 7:00, 9:30
ACCEPTED (PG13) 4:45, 9:45
STEP UP (PG13) 2:15, 7:05
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 1:05, 3:15, 5:35
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 7:45, 10:20

AMC SELECT
HOLLYWOODLAND (R) 12:55, 4:00, 6:50, 9:35
THE PROTECTOR (R) 1:25, 3:30, 5:40, 7:50, 9:55
THE ILLUSIONIST (PG13) 2:10, 5:25, 7:55, 10:25
LITTLE MISS SUNSHINE (R) 1:45, 4:35, 7:15, 9:50

LOEWS FAIRFAX SQUARE 8
8065 Leesburg Pike
703-506-9857 802

TRUST THE MAN (R) 4:50
HOW TO EAT FRIED WORMS (PG) 4:20
MATERIAL GIRLS (PG) 4:05
ZOOM (PG) 7:20
WORLD TRADE CENTER (PG13) 4:30, 7:30
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 4:40
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 5:00, 7:55
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 4:10, 7:10
THE DEVIL WEARS PRADA (PG13) 7:50
SUPERMAN RETURNS (PG13) 7:05
AN INCONVENIENT TRUTH (PG) 7:40

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

THE BLACK DAHLIA (R) 1:35, 4:20, 7:25, 10:05
EVERYONE'S HERO (G) 12:50, 3:00, 5:05, 7:25, 9:35
GRIDIRON GANG (PG13) 1:15, 2:00, 4:15, 4:45, 7:00, 7:30, 9:45, 10:15
THE COVENANT (PG13) 2:20, 4:50, 7:15, 9:50
CRANK (R) 1:05, 3:10, 5:20, 7:40, 10:10
CROSSOVER (PG13) 1:55, 4:25, 6:55, 7:55, 9:15, 10:15
THE WICKER MAN (PG13) 2:15, 5:05, 7:35, 9:55
STEP UP (PG13) 2:35, 5:15, 7:45, 10:10
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 1:10, 3:20, 5:30

AMC SELECT
THE PROTECTOR (R) 2:25, 4:55, 7:20, 9:35
IDLEWILD (R) 1:25, 4:10, 7:10, 10:00

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

AMC SELECT
HOLLYWOODLAND (R) 1:40, 4:30, 7:00, 9:40
FATOTUM (R) 1:30, 3:50, 7:00, 9:10
CONVERSATIONS WITH OTHER WOMEN (R) 2:20, 4:40, 7:40, 10:00
HALF NELSON (R) 2:00, 4:50, 7:10, 9:30
THE BOYNTON BEACH CLUB (NR-NOT RATED) 1:50, 4:10, 7:30, 9:50
QUINCEANERA (R) 2:10, 4:20, 7:10, 9:10
LITTLE MISS SUNSHINE (R) 2:30, 5:00, 7:20, 9:40

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

THE BLACK DAHLIA (R) 1:00, 2:10, 3:45, 5:00, 6:30, 7:50, 9:15, 10:30
EVERYONE'S HERO (G) 1:05, 3:15, 5:25, 7:35, 9:50
GRIDIRON GANG (PG13) 12:50, 2:00, 3:40, 4:55, 6:35, 7:45, 9:25, 10:30
GRIDIRON GANG (PG13) 12:50, 3:40, 6:35, 9:25
THE LAST KISS (R) 1:25, 4:05, 7:05, 9:40
THE COVENANT (PG13) 1:10, 3:25, 5:45, 8:05, 9:30, 10:25
CRANK (R) 1:35, 3:35, 5:55, 8:15, 10:20
THE WICKER MAN (PG13) 2:05, 4:45, 7:30, 10:00
INVINCIBLE (PG) 1:55, 4:30, 7:25, 9:55
ACCEPTED (PG13) 12:55, 3:10, 5:30, 8:00, 10:15
STEP UP (PG13) 1:45, 4:10, 7:00

AMC SELECT
HOLLYWOODLAND (R) 1:30, 4:25, 7:20, 10:05
THE PROTECTOR (R) 12:50, 3:00, 5:05, 7:15, 9:35
THE ILLUSIONIST (PG13) 1:50, 4:40, 7:40, 10:25
LITTLE MISS SUNSHINE (R) 1:40, 4:20, 7:10, 9:45

AMC RIVERTOWNE 12
Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

THE BLACK DAHLIA (R) 4:40, 7:25
EVERYONE'S HERO (G) 4:30, 7:00
GRIDIRON GANG (PG13) 4:35, 5:05, 7:30, 8:00
THE COVENANT (PG13) 5:35, 8:15
CRANK (R) 5:25, 7:40
CROSSOVER (PG13) 5:00, 7:35
THE WICKER MAN (PG13) 5:15, 8:00
SNAKES ON A PLANE (R) 7:15
STEP UP (PG13) 4:45
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 4:40, 7:10

AMC SELECT
THE PROTECTOR (R) 5:30, 7:50
IDLEWILD (R) 5:00, 7:50

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

THE LAST KISS (R) 5:30, 8:00
THE COVENANT (PG13) 5:45, 8:15
CRANK (R) 5:25, 7:30
INVINCIBLE (PG) 5:40, 8:05
WORLD TRADE CENTER (PG13) 4:15, 7:10
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 4:30, 7:00

AMC SELECT
LITTLE MISS SUNSHINE (R) 4:05, 5:05, 6:45, 7:45

AMC COUNTRY CLUB MALL 6
Country Club Mall on Voeke Rd near Route 68.
301-729-6633

THE BLACK DAHLIA (R) 5:30, 8:15
EVERYONE'S HERO (G) 5:15, 7:45
GRIDIRON GANG (PG13) 5:15, 8:00
THE COVENANT (PG13) 5:45, 8:15
INVINCIBLE (PG) 5:30, 8:00
INVINCIBLE (PG) 5:30, 8:00
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 5:45
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 8:00

LOEWS WISCONSIN AVE. 6
4000 Wisconsin Avenue, N.W.
202-244-0880

THE COVENANT (PG13) 2:15, 4:50, 7:10
THE PROTECTOR (R) 1:00, 3:10, 5:20, 7:30
CRANK (R) 1:05, 3:05, 5:10, 7:20
BEERFEST (R) 6:55
INVINCIBLE (PG) 1:40, 4:20, 7:05
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 2:20, 4:35
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 2:40, 6:10

LOEWS DUPONT 5
1350 19th St.
202-333-3456

QUEENS (R) 4:40, 7:10
THE DEVIL WEARS PRADA (PG13) 5:00, 7:30

AMC SELECT
THE BOYNTON BEACH CLUB (NR-NOT RATED) 4:30
QUINCEANERA (R) 5:30, 7:50
A SCANNER DARKLY (R) 7:00
SCOOPE (PG13) 5:10, 7:20

LOEWS WHITE FLINT 5
North Bethesda
202-333-3456

THE BLACK DAHLIA (R) 2:05, 4:40, 7:10
THE LAST KISS (R) 2:10, 4:20, 7:20
THE WICKER MAN (PG13) 5:00
INVINCIBLE (PG) 2:30, 4:50, 7:20
THE DEVIL WEARS PRADA (PG13) 2:15, 7:25

AMC SELECT
HOLLYWOODLAND (R) 2:00, 4:30, 7:05

✓SPECIAL ENGAGEMENT No passes or discount coupons

CC - Closed Captioning DV - Descriptive Video Service

Times for Tuesday, September 19, 2006

WeekendPass makes the weekend historic.




Every Thursday in Express.



A publication of The Washington Post

XX143e 3x.5

By **treating my**
high blood pressure,

I may be preventing its harmful effects.

Prevention. The overall goal in lowering high blood pressure is to *prevent* the development of other harmful effects. Even a slight decrease in blood pressure could have lasting effects on quality of life including lowering the chances of heart failure, stroke, heart attack and kidney failure.

Our physicians are conducting a research study of the investigational use of approved medications, used in combination, to see if they effectively lower blood pressure.

Adults with high blood pressure who have never experienced heart failure, heart attack or stroke may qualify to participate.

All study related care is provided including physical examinations, laboratory services and study medications.

To learn more, call Jill or Mary at:
Millennium Clinical Trials, LLC
703.527.8100
(near Metro)
Don't Wait, Participate

Do you experience uncontrolled seizures?

If you are between 18 and 70 years of age and have been diagnosed with epilepsy that is not controlled with medications, you may be eligible to participate in a clinical research trial studying an investigational surgically implanted device developed by Neuropace, Inc.

The study lasts approximately 28 months and involves 26 clinic visits as well as hospitalization and surgery for the permanent implantation of the investigational device. Costs of the study will either be covered by medical insurance or the sponsoring company, Neuropace Inc.

Principal Investigator: James Leiphart, MD, PhD
Contact: Florencia Gonzalez, MPH, at 202-741-2602
The George Washington Medical Faculty Associates
Department of Neurosurgery. Please refer to the Neuropace study.

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THE GEORGE
WASHINGTON
UNIVERSITY
MEDICAL CENTER
WASHINGTON DC

Are you Depressed?

Have you suffered from most of the following in the past month?

☐ Sadness
 ☐ Lack of motivation
 ☐ Negative thinking
 ☐ Sleep Problems
 ☐ Appetite or weight changes
 ☐ Lack of concentration
 ☐ Feelings of anger or guilt

THE GEORGE
WASHINGTON
UNIVERSITY
MEDICAL CENTER
WASHINGTON DC

For Information, call (202) 994-2273
www.researchgw.com

If you are age 18 or older, you may qualify to participate in an investigational research study for depression.

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WILL HE WEAR A SHIRT? The creator of the "CSI" franchise is working with LL Cool J to develop "The Man," a CBS drama in which the rapper will play a cop with his hands full at home, having adopted a trio of very troubled young people.

Thick As Thieves

Ray Liotta's 'Smith' shows a heist from several perspectives

DEBUTS | In the new series “Smith” (10 p.m., CBS), Ray Liotta stars as Bobby Stevens, the ringleader of a group of thieves. Bobby passes as a regular guy with a 9-to-5 job and a couple of cute kids. At first, we’re not even sure whether his wife, Hope (Virginia Madsen), is aware of his job or part of his facade. But before long, we discover that her life has some complications of its own.

Bobby's team consists of crack



MAN OF STEAL: On Liotta and Madsen's "Smith," looks are deceiving.

thieves with some serious social problems. Simon Baker is Jeff, a cold-blooded sharpshooter. Recently sprung from prison, Tom (Jonny Lee Miller) still has a thing for Annie (Amy Smart), the group's master of disguise and distraction. And Bobby reports to a shadowy female crime boss named Charlie (Shohreh Aghdashloo).

Over the course of the pilot, we get to see a major heist from several perspectives. Bobby's meticulously planned robbery of a Pittsburgh museum goes according to plan until shots are fired and a rushed escape becomes necessary. Good guys and bad guys fall to gunfire. The police come in and label their suspect "Smith," and a season-long cat-and-mouse game begins. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

DOCTORS

A patient begs for euthanasia on **HOUSE** (8 p.m., Fox).

LAWYERS

Daniel Post (Michael J. Fox) stands trial for trying to procure a human organ on **BOSTON LEGAL** (10 p.m., ABC).

COPS AND LAWYERS

A kidnapper nabs a member of the major-case squad on **LAW & ORDER: CRIMINAL INTENT** (9 p.m., NBC). This is the new night and time for "Intent."

MORE COPS AND LAWYERS

A rape victim may be linked to a terror investigation on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC).

'GRUMPY SAMURAI' IS, WITHOUT QUESTION, OUR NEW BAND NAME
A grumpy samurai (Toshiro Mifune)



WITH ARMS WIDE OPEN: "Legal" star William Shatner gesticulates grandly.

becomes a reluctant hero for an ungrateful village in director Akira Kurosawa's 1961 gem **YOJIMBO** (9:30 p.m., TCM). This film was remade as "A Fistful of Dollars" (1964) and "Last Man Standing" (1996) with Bruce Willis. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

9:19.06	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
LOCAL CHANNELS	WRC	4 News		Nightly News	Access Hollywood	Deal or No Deal (N) 1	Law & Order: Criminal Intent		Law & Order: Special Victims Unit 1		News	Tonight Show	
	WTTG	5 Every-Raymond	The Simpsons 1	The Simpsons 1	Seinfeld	House A patient wants to end his life.	Standoff "Shanghai'd" (N) 1		News		News	Geraldo at Large	
	WJLA	7 News	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Dancing With the Stars (S Live) 1			Boston Legal (Season Premiere) (N)		News	(35) Nightline	
	WUSA	9 News	Evening News	9News Tonight	Entertainment	NCIS "Shalom" 1		The Unit "Change of Station" 1	Smith Art heist; suspicion at home. 1		News	Late Show	
	WDCA	20 Divorce Court (N)	Divorce Court (N)	Judge Joe Brown	Judge Judy (N) 1	Desire "Turning a Blind Eye" (N) 1	(40) Fashion House Lance drinks. (N)		Scrubs 1	Scrubs 1	That '70s Show	That '70s Show	
	WMPT	22 The NewsHour With Jim Lehrer (N)	Business Rpt.	Business Rpt.	Outdoors Md.	Andre Rieu: The Homecoming 1			American Soundtrack: Doo Wop's Best on PBS				
BASIC CABLE	WETA	26 BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)	Nova 1 (DVS)	Helen of Troy The truth about Helen of Troy. 1					Charlie Rose (N) 1		
	WHUT	32 World Business	Tavis Smiley 1	BBC World News	Moneywise	Mystery! "The Murder Room" 1 (DVS)	Never Too Old		BBC World News	Tavis Smiley 1	Charlie Rose (N) 1		
	WDCW	50 My Wife and Kids	Bernie Mac	My Wife and Kids	Bernie Mac	Gilmore Girls "Partings" 1	ET Presents the CW Launch Party (N)		Friends 1	Friends 1	Sex and the City	Sex and the City	
	A&E	Cold Case Files		Crossing Jordan "Believers" 1		CSI: Miami "Freaks & Tweaks" 1	Bounty Hunter	Bounty Hunter	Inked (N) 1	Inked 1	Dallas SWAT		
	Animal	The Crocodile Hunter		The Most Extreme "Divers" 1		The Most Extreme "Gluttons" 1	Natural Born Sinners		Animal Cops San Francisco 1		The Most Extreme "Gluttons" 1		
	BET	106 & Park: BET's Top 10 Live Chingy. 1			Hotwired (N)	** "Paid in Full" (2002, Crime Drama) Wood Harris, Mekhi Phifer. 1			The Parkers 1	The Parkers 1	Jamie Foxx	Jamie Foxx	
BASIC CABLE	Bravo	Queer Eye A man tries to lose weight.	The West Wing "Running Mates" 1		Million Dollar Listing "Hollywood" (N)		Million Dollar Listing "Hollywood" (N)	Queer Eye "Jim M." (N) 1		Million Dollar Listing "Hollywood"			
	Comedy	(5:00) * "Armed and Dangerous"	Scrubs 1	Scrubs 1	Daily Show	Colbert Report	Mind of Mencia	South Park 1	Chappelle's Show	Reno 911! 1	Daily Show	Colbert Report	
	Court	Forensic Files	Forensic Files	Cops 1	Cops 1	Cops 1	Cops 1	Cops 1	World's Scariest Police Shootouts! 1		On the Run "Globe Trotter" 1		
	Discovery	How It's Made	How It's Made	Dirty Jobs Surfboard-shaping; sledge.		Dirty Jobs "Hot Tar Roofer" 1	Dirty Jobs Dismantling parade floats.		Futureweapons "Maximum Impact"		Lobstermen: Jeopardy at Sea 1		
	DISCH	Paramedics "Knights of Newark"		Impact: Stories of Survival 1		160 Lb. Tumor 1	Untold Stories of the E.R. 1		Strictly Dr. Drew Danny Donaduce.		160 Lb. Tumor 1		
	Disney	Phil of the Future	Replacements	Phil of the Future	That's So Raven	"Cow Belles" (2006, Comedy) Alyson Michalka, Amanda Michalka. 1			Life With Derek	Phil of the Future	Zack & Cody	That's So Raven	
BASIC CABLE	E!	Child Star Con.	Child Star Con.	E! News (N)	The Daily 10 (N)	101 SNL Moments	101 SNL Moments		Girl Next Door	Girl Next Door	E! News	The Daily 10	
	FX	That '70s Show	*** "The Green Mile" (1999) Tom Hanks, David Morse. Premiere. A condemned prisoner possesses a miraculous healing power.			Designed to Sell	Bad, Bad Bath	Decorating Cents	Curb Appeal (N)		Nip/Tuck "Monica Wilder" (N)	(45) Nip/Tuck "Monica Wilder"	
	HGTV	Renovation	If Walls Could	What's-House?	House Hunters					House Hunters	Buy Me 1	Parents House	Designer Finals
	Family	7th Heaven "Vote" 1		7th Heaven "Fathers" 1		* "My Boss's Daughter" (2003) Ashton Kutcher, Tara Reid. 1			Whose Line?	Whose Line?	The 700 Club 1		
	History	Tactical to Practical		Modern Marvels: Extreme Gadgets		Biblical Disasters 1		Mega Disasters Tornadoes. 1	Modern Marvels: BBQ Tech 1		Mega Movers "900 Ton Building"		
	Lifetime	Reba 1	Reba 1	** "Facing the Enemy" (2001) Linden Ashby, Maxwell Caulfield. 1 (DVS)		** "Kiss Tomorrow Goodbye" (2000) Nick Lea, Holt McCallany. 1			Will & Grace 1		Will & Grace 1		
BASIC CABLE	MTV	Little Talent	Next 1	Pimp My Ride 1	Pimp My Ride 1	Sports Blender 1	Two-A-Days 1	Two-A-Days 1	Making the Movie	Jackass 1	Parental Control	Parental Control	
	NICK	Ned's School	Zoey 101 1	Fairly OddParents	Jimmy Neutron	SpongeBob	Danny Phantom	Full House 1	Fresh Prince	The Cosby Show	A Different World	Roseanne 1	Roseanne 1
	SCI FI	Battlestar Galactica "Epiphanies" 1		Dead Like Me "The Shallow End" 1		Dead Like Me "Hurry" 1		Eureka "Purple Haze" (N) 1	ECW (Taped)		Eureka "Purple Haze" 1		
	SPIKE	World's Wildest Police Videos 1		CSI: Crime Scene Investigation 1		CSI: Crime Scene Investigation 1		** "Lethal Weapon" (1987, Action) Mel Gibson, Danny Glover, Gary Busey. 1				Real TV 1	
	TBS	Seinfeld 1	Seinfeld 1	Every-Raymond	Every-Raymond	Friends 1	Friends 1	Sex and the City	Sex and the City	(40) Seinfeld 1	(40) Seinfeld 1	(15) Friends 1	(45) Friends 1
	TLC	While You Were Out Hotel room.		Overhaulin' "Mean Anemul" 1		Rides "Customized" 1		Overhaulin' 1957 Corvette. (N)		Miami Ink "Kat's Niche" (N)		Miami Ink "The Apprentice" 1	
BASIC CABLE	TNT	Law & Order "Vendetta" 1		Without a Trace "The Season" 1		Law & Order "The Fire This Time" 1		Law & Order "The Sixth Man" 1		Law & Order "Tombstone" 1		Law & Order: Trial by Jury "Skeleton"	
	USA	Law & Order: Special Victims Unit 1		Law & Order: Criminal Intent 1		Law & Order: Special Victims Unit 1		** "Bad Boys II" (2003, Action) Martin Lawrence, Will Smith. Two detectives battle a drug kingpin in Miami. 1					
	VHI	Fabulous Life Of... "Weddings" 1		Fabulous Life Of... "Kept Men" 1		Fabulous Life Of... 1		The Flavor of Love 1		The Flavor of Love 1		"Too Legit: The MC Hammer Story"	
	TELEM	Sala de Parejas	Noti-Telemundo	Viuda de Blanco		Tierra de Pasiones		Amores		Decisiones		Noti-Telemundo	Laura
	UNIV	Que Locura	Noticiero Univ	Heridas de Amor (N)		La Fea M3s Bella (N)		Barrera de Amor (N)		Ver Para Creer		Primer Impacto	Noticiero Univ.
	SPORTS	ESPN	SportsCenter (Live) 1		Gamers (N)		2006 World Series of Poker (Taped)	2006 World Series of Poker (Taped)		The Contender (N)		SportsCenter (Live) 1	
ESPN2		2006 World Series of Poker		Minor League Baseball AAA Championship - Teams TBA. From Oklahoma City. (Live) 1					Baseball Tonight (Live)		Quite Frankly With Stephen A. Smith		
CSN		Totally Football	SportsNite 1	CFL Football Edmonton Eskimos at Hamilton Tiger-Cats. From Ivor Wynne Stadium in Hamilton. (Taped)					SportsNite (Live) 1		ACC All-Access	Final Score	
NEWS	CNN	Lou Dobbs Tonight 1		The Situation Room		Paula Zahn Now 1	Larry King Live 1		Anderson Cooper 360 1				
	FNC	Special Report (Live) 1		The Fox Report With Shepard Smith		The O'Reilly Factor (Live) 1	Hannity & Colmes (Live) 1		On the Record-Van Susteren		The O'Reilly Factor		
	MSNBC	Tucker		Hardball 1		Countdown With Keith Olbermann	Scarborough Country		MSNBC Reports "Sex Bunker"		Dangerous Beauty		
MOVIES	AMC	(5:30) *** "Jurassic Park" (1993, Science Fiction) Sam Neill. 'PG-13'				*** "Enemy of the State" (1998, Action) Will Smith, Gene Hackman, Jon Voight. 'R' 1				(45) *** "Gothika" (2003, Horror) Halle Berry. 'R' 1			
	TCM	(5:45) *** "Prestige" (1932) 'NR'		** "The Crash" (1932, Drama) 'NR'		**** "Rashomon" (1950) Toshiro Mifune. 'NR'		**** "Yojimbo" (1961) Toshiro Mifune. (Subtitled-English) 'NR' 1				Ashes-Diamond	
	HBO	(5:45) *** "The Interpreter" (2005) Nicole Kidman. 'PG-13' 1				** "Fantastic Four" (2005, Action) Ioan Gruffudd. 'PG-13' 1			Real Sports (N) 1		Def Comedy Jam	The Wire	
	MAX	(5:10) **** "Saving Private Ryan" (1998, War) Tom Hanks. 'R' 1				*** "National Lampoon's Animal House" (1978) John Belushi. 'R' 1			** "The Dukes of Hazzard" (2005) Johnny Knoxville.		Sex Games		
	SHOW	(5:15) *** "Rollerball" (1975) James Caan. iTV. 'R'			"The Legend of Butch & Sundance" (2004) David Rogers.		Brotherhood (iTV) Neil resurfaces. 1		Sexual Healing (iTV)		Weeds (iTV) 1	The Underground	
	TMC	(5:45) *** "Mean Creek" (2004)		(:15) *** "A Love Song for Bobby Long" (2004) John Travolta. 'R' 1		(:15) *** "The Manchurian Candidate" (2004, Suspense) Denzel Washington. 'R' 1						Welcome-Woop	
MOVIES	STARZ!	(5:40) *** "Kung Fu Hustle" (2004) Stephen Chow. 'R'		(:20) *** "My Favorite Martian" (1999) 'PG' 1		** "The Pacific" (2005) Vin Diesel. 'PG' 1			(:40) * "Venom" (2005) Agnes Bruckner. 'R' 1				
	ENCORE	(:15) *** "Mr. 3000" (2004, Comedy) Bernie Mac. 'PG-13' 1				*** "Boogemang" (2005) Barry Watson. 'PG-13' 1		** "Christine" (1983, Horror) Keith Gordon, John Stockwell. 'R' 1				Shadow Conso	

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"What does that mean? ... That means nothing to me. The score means nothing." — **Lions receiver Roy Williams** to Free Press columnist Mitch Albom after Albom asked him why he celebrated a first down when his team was losing 10-0 to the Bears.



Sports

Redskins Offense Under Pressure

Plenty of blame to go around as talent goes to waste yet again

REDSKINS | With eight minutes to play against the Dallas Cowboys, Washington Redskins receivers Santana Moss, Brandon Lloyd and Antwaan Randle El had one catch apiece. Tight end Chris Cooley had none.

That's a lot of talent going to waste.

"We've got playmakers there. We are disappointed in it," coach Joe Gibbs said Monday. "We've got guys there that we think can make great contributions to the team. Right now, we're not able to get them the ball. If we continue with that, we're going to be in deep trouble."

The Redskins are 0-2 following Sunday night's 27-10 beating by their archrival, and the offense has scored only one touchdown through the first eight quarters of the season. Next week's game at hapless Houston has moved from "sure win" to "must win," and quarterback Mark Brunell, offensive guru Al Saunders and the offensive line all are under scrutiny.

"I'm definitely concerned," center Casey Rabach said. "With the talent we have here, the coaching staff we have here, the preparation all week that we have, I don't understand what's not clicking in these games."



FEELING THE HEAT: Quarterback Mark Brunell was sacked six times on Sunday and will be under even more scrutiny this week.

For starters, Saunders was given \$2 million a year to bring his high-scoring Kansas City offense to Washington, but his 700-page play book doesn't seem to have a way to solve the basic "Cover 2" zone defense.

Brunell is playing the way he did two years ago, when he lost his job in midseason. He is 9-for-22 for 81 yards on third downs through two games, a 32.6 rating that is next to

last in the league. His first interception of the season, a floater snagged in double coverage by Dallas safety Roy Williams at the 1-yard line, sapped the only momentum the Redskins had in the second half.

"Mark's a little bit like our offense in general," Gibbs said. "Inconsistent. I think he's made some very good

plays for us. I think it's just a matter of us all getting in a groove."

There's not a quarterback controversy yet, especially with career backup Todd Collins and inexperienced Jason Campbell as the only alternatives. Besides, the offense's woes go beyond Brunell.

JOSEPH WHITE (AP)

Flashback: Little has worked for Joe Gibbs and Al Saunders so far this season, and the offense has looked like the struggling squad of 2004 | **Today's Post, Sports**

Swengali

REDSKINS | BY MATT SWENSON

Redskins 'O' Is Still in Reverse

DOES MARK BRUNELL HAVE eyes in the back of his head? If not, can someone please explain why he keeps running 20 yards backward before throwing a pass?

Actually, Brunell's new MO is perfectly symbolic of the Redskins. The team is going backward — in a hurry.

This year's offense, under Al Saunders, is looking a lot like the one Joe Gibbs ran two years ago. That wouldn't be such a bad thing, except Gibbs' unit couldn't move the ball or score.

With some tweaking last season, Gibbs righted the ship and Brunell looked like a capable NFL quarterback. Now — at 0-2 following an ugly loss to Dallas — the Redskins are back to square one.

"Gibbs has to bench either Brunell or Saunders."

One of two things must happen to salvage the season. Gibbs has to bench either Brunell or Saunders, whose offense has a proven track record but looks like a bad fit in Washington.

This would be the week to switch to Jason Campbell. The Texans are a joke. With a game plan of running — assuming Saunders remembers to call some of those plays — and decent defense, any quarterback wins that game. Then Campbell has some confidence and the Redskins can begin grooming their quarterback of the future.

Of course, there's no way Gibbs will bench Brunell yet, given his baffling loyalty to the lefty. So it will be up to the coach to take back his offense before a late-season surge only costs the team a higher draft pick next year.

Owens Will Have Surgery on Finger

Wide receiver will miss 2-4 weeks but could be back for Eagles game

FOOTBALL | Terrell Owens was scheduled to undergo surgery late afternoon or early evening Monday, likely to have a plate screwed into his broken right ring finger.

Dallas Cowboys coach Bill Parcells believes the plate could help get T.O. back on the field quickly, perhaps even in time for his much-anticipated return to



Terrell Owens said he broke his finger on a fluke play early in Sunday's game.

Philadelphia on Oct. 8.

"Most of those injuries, when they put a plate in there, which I think they might do, that pretty much fixes it," Parcells said Monday. "Once they put that in there, it's not going anywhere, you're not going to displace it again. It's a matter of if you can get it functional."

The initial prognosis was for Owens to be out two to four weeks. The Cowboys have a bye Sunday, then play at Tennessee before the game against the Eagles.

If things go well, perhaps

Owens plays against the Titans. If there are any setbacks, it's possible he doesn't return until the game after Philadelphia, Oct. 15 at home against Houston.

"I don't think they'll be able to determine that until after the surgery," Parcells said.

Owens said the injury was a "fluke thing" that happened while blocking during one of the first few plays of Dallas' 27-10 victory over Washington on Sunday night. He caught three passes for 19 yards, all in the first quarter, but also had several drops, including one in the end zone, and two penalties.

JAIME ARON (AP)

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

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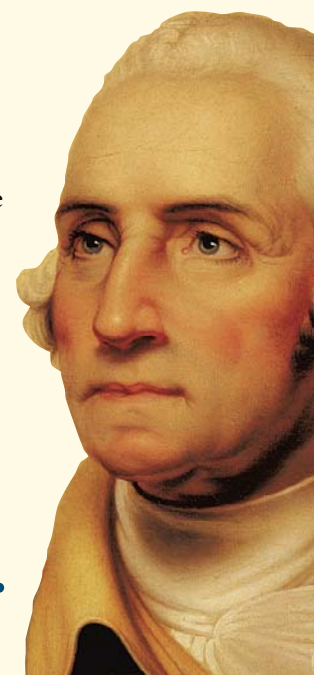
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WRONG CALL: The Pac-10 issued a one-game suspension to the officiating crew that worked Oregon's comeback win over Oklahoma, saying it made errors in the final minute.



Sports

Wolverines: We Never Left

After big win at Notre Dame, Michigan is back as a contender

COLLEGE FOOTBALL | Mike Hart invited some teammates over to hang out after Michigan returned home from its 47-21 win over Notre Dame.

"We were watching the highlights on ESPN from our game and it felt good to be on the right side of what they were calling 'Separation Saturday' on TV," said fullback Obi Oluigbo, whose blocking helped Hart run for 124 yards against the Irish. "Everybody on TV was saying, 'Michigan's back.' But we feel like we never left."

In a lot of ways, the sixth-ranked Wolverines had their season and program on the line Saturday, even though it was just the third game of the year.

The nation's winningest team was coming off a 7-5 season — its worst in two decades — six straight



MAKING A MOVE: Michigan's Prescott Burgess helped Michigan beat Notre Dame with three interceptions. The Wolverines moved up to No. 6 in the rankings.

road-opening losses and hadn't won at Notre Dame since 1994. The Wolverines played up to their vast potential against the Irish, a dominating performance on offense, defense and special teams that drew comparisons to the school's 1997 national title team.

"When I leave, I want people to talk about the '06 team and how we dominated. As a competitor, you get tired of hearing about that '97 team," safety Ryan Mundy said. "I want them to be talking about the '06 team, and the only way it's going to stop is if you change it." (AP)



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ALWAYS HAVING TO SAY HE'S SORRY: Pete Rose is currently signing baseballs, "I'm sorry I bet on baseball — Pete Rose," the New York Daily News reported on Monday.

Sports

Ravens 'D' Looking Super

Two games without a touchdown has people thinking about 2000

RAVENS | It would be unfair, after only two games, to compare this Baltimore defense with the record-setting unit that dominated the NFL during the Ravens' 2000 Super Bowl season.

Then again, it is nearly impossible to ignore the similarities.

The Ravens have gone two straight games without allowing a touchdown, a feat they last accomplished in 2000. This also marks the first time since 2000 that Baltimore has intercepted three passes in two successive games. As a result, the Ravens are 2-0 for the first time since, of course, 2000.

Baltimore opened the season with a 27-0 rout of Tampa Bay, then forced six turnovers Sunday in a 28-6 win over Oakland. The Buccaneers and Raiders are winless, so it might be unwise to read too



GREAT RECOVERY: Defensive end Terrell Suggs gestures to the crowd after recovering a fumble on Sunday. The Ravens' defense has drawn comparisons to 2000.

much into the lopsided victories.

But the Ravens are coming off a 6-10 season and have won only one playoff game since that magical 2000 season, so their fans can be forgiven for stacking up this defense against a unit that set an NFL record by yielding only 165

points over a 16-game schedule.

"I can understand people doing that. It's fun to talk about," coach Brian Billick said on Monday. "But we're not going to do it. This is a different group of people, different scheme, different idea."

DAVID GINSBURG (AP)

Clarett Pleads Guilty, Accepts Time

FOOTBALL | Former Ohio State football star Maurice Clarett was sentenced to prison for at least 3½ years Monday after pleading guilty to aggravated robbery and carrying a concealed weapon.

Judge David Fais announced the agreement on the day jury selection was to begin in a case in which

Clarett was accused of holding up two people outside a bar.

Sentenced to 7½ years with release possible after 3½ years, Clarett also agreed to serve five years of probation after the prison sentence.

"I'd like to apologize for my behavior, and I accept the time

that was given to me," he said.

Franklin County Prosecutor Ron O'Brien said he was pleased with the agreement.

"Our view all along was that the conduct demanded a prison sentence, and that's been accomplished," O'Brien said. "It's in a range that will allow him to get his life back together after his release."

RUSTY MILLER (AP)

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN) Sure, it's the Braves against the Nationals. But on a slow sports day, it might be the best option.

ORIOLES (7 P.M. ON MASN) And just when you thought the opponents couldn't get any worse, the Orioles travel to Tampa Bay to play the Devil Rays, a team that is currently the worst in baseball — even worse than the Royals.

MINOR LEAGUE BASEBALL (7 P.M. ON ESPN2) The International League Champion plays the Pacific Coast League Champion in Oklahoma City for the Triple-A "Bricktown Showdown."

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N.Y. Yankees	90	59	.604	—	47-28	43-31
Boston	81	69	.540	9.5	44-29	37-40
Toronto	79	70	.530	11	46-28	33-42
Baltimore	64	85	.430	26	38-39	26-46
Tampa Bay	57	92	.387	31.5	38-36	19-56

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Detroit	89	60	.597	—	45-30	44-30
Minnesota	88	61	.591	1	50-24	38-37
Chicago	84	65	.564	5	46-28	38-37
Cleveland	69	79	.466	19.5	38-36	31-43
Kansas City	58	92	.387	31.5	34-42	24-50

WEST	W	L	PCT.	GB	HOME	ROAD
Oakland	86	62	.581	—	45-29	41-33
L.A. Angels	80	70	.533	7	40-34	40-36
Texas	76	74	.507	11.0	37-38	39-36
Seattle	71	78	.477	15.5	41-34	30-44

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	90	58	.608	—	47-26	43-32
Philadelphia	77	72	.517	13.5	36-38	41-34
Florida	74	75	.497	16.5	40-35	34-40
Atlanta	72	77	.483	18.5	36-39	36-38
Washington	65	84	.436	25.5	38-34	27-50

CENTRAL	W	L	PCT.	GB	HOME	ROAD
St. Louis	79	68	.537	—	46-27	33-41
Cincinnati	73	76	.490	7	39-38	34-38
Houston	71	77	.480	8.5	38-36	33-41
Milwaukee	67	82	.450	13	42-32	25-50
Pittsburgh	63	87	.420	17.5	41-34	22-53
Chicago	61	89	.407	19.5	33-43	28-46

WEST	W	L	PCT.	GB	HOME	ROAD
San Diego	78	70	.527	—	38-37	40-33
L.A. Dodgers	78	71	.523	0.5	45-29	33-42
San Fran.	74	74	.500	4.0	42-33	32-41
Arizona	71	78	.477	7.5	38-39	33-39
Colorado	69	80	.463	9.5	39-32	30-48

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ALL TURNED AROUND: Jimmie Johnson sat on top of the NASCAR points standings for 22 weeks. But in the first week of the Chase, engine trouble put him all the way back in ninth place, 139 points behind new leader Kevin Harvick, who has never been atop the standings.



Sports



“Off the Field

TERRAPINS CORNERBACK JOSH WILSON

Q&A | Maryland senior cornerback Josh Wilson is among the leaders of the Terrapins' defense and one of its best players. Ask him. He'll tell you.

The talkative son of former Terrapin and Houston Oilers full-back Tim Wilson, he established himself as a starter and impact player last season and is looking to cement his reputation as a shutdown corner in 2006. He's also an honors candidate majoring in marketing.

What's it like being a second-generation football player?

Hopefully, I can turn it into second generation in the NFL. That would be great. It just feels good. Every little boy grows up wanting to be just like his dad. And I'm able to follow in his footsteps.

Your mother goes to business school at Maryland?

She got her master's in business man-



MAN OF HIS WORD: Maryland's Josh Wilson, right, has become one of the leaders for the Terrapins. His teammates call him "The Truth" because of his personality.

agement and she's still pursuing her master's in business administration. I'm still trying to get that undergrad and she's out there getting masters [degrees]. I'm proud of her.

Who has the better grades?

I'm getting good grades, but my mom, she's getting 4.0s. It's hard to beat those.

"I'm getting good grades, but my mom, she's getting 4.0s. It's hard to beat those."

Where do you get your personality from?

I take little bits and pieces from everybody. My mom's a talker. My dad was more of "I'm going to show you how to do it. I ain't going to talk about it. I'm just going to do it." I do a little of both. Everybody knows me for my talking, but I'm also the type of person where I want to show you I could do it, not just tell you I could do it.

How important is it to be able to back up the talk?

If you're trying to tell your teammates to do this and do that, and you're not doing it, they're going to be like, "Shut up." ... You get your respect not by saying it, but by going and doing it.

How did you get your nickname "The Truth"?

One of my teammates, in the spring, he said, "Man, Josh, you ain't nothing but the truth." And you know what, I liked that. Ever since then, I just take it and run with it. I've got my Superman hat with "The Truth" on it. I wear it coming in before the game and then after the game. It's my hat, man. DEREK TURNER

Baggage Holds Up U.S. Arrival At Ryder Cup

GOLF | The Americans arrived for the Ryder Cup about three hours late on Monday, which captain Tom Lehman attributed to bringing too much luggage on the plane.

Considering how these matches have gone lately, he can only hope it wasn't emotional baggage.

Having lost four of the last five times, the Americans will try to beat Europe on its home soil for the first time since 1993 when the Ryder Cup gets under way on Friday at The K Club.

Along with extra baggage, the Americans brought a new label to these matches — underdogs.

Europe has only two rookies on this team, and Paul Casey gave his squad an emotional lift with his victory Sunday in the World Match Play Championship. (AP)



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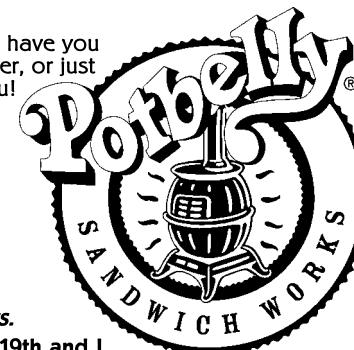
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FORT WASH—Furn rm for rent. Starting at \$100-200/wk. Beaut home to shr. Bus/Metro Acces. All utls + cable incl. 301-219-3234, lve msg, we will return calls promptly.

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HERNDON—Lu. TH to shr, fpl, 2-car gar. Utls, cable, internet incl. Immed. avail. 2 BRs \$600 ea; MBR/pvt. ba. \$840. More info. rent.24ex.com; 202-360-8848

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LANHAM—Shr SFH, quiet, nr metro & bus & shopping center, MBR w/pvt BA, N/P. Jabil, 240-604-0571

MANASSAS—Furn., relaxing condo for profs. Spac pvt. rms. w/ lge FB. Nr Pentagon or use Metro/Hwy 66. Shared prvt. Internet & long dist ph. avail. Balc., patio, W/D, D/W & cleaning svc. Amens galore. Range from \$650 mo. Call 571-292-1660 to leave detail req. for an appt.

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NW—Nr Metro. Lg/Furn rm 400-600. Dep. 202-829-3307; 202-374-2649

RESTON/FAIRFAX PKWY—Just Bring Clothes! Elegant furn rm in shared SFH. N/S Male. \$795 + deposit + refs. 703-860-4797

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SIL SPG—Rms avail in SFH, pvt. entr., pvt. kit. CALL 240 350-4743 or 240 643-1771 or 301 438-3053

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SIL SPG—Shr house, Walk to Metro \$950. all utls. hi spd internet, priv bath, sitrm w/frpl. 301-807-6375

TAKOMA PARK—Rms in shrd SFH \$400 & \$500 utls incld, prvt entr, shower & BA, W/D. Nr bus stop. Call 301-580-9542

Temple Hills—Hse to shr Summerhill Rd. 202-829-3307; 202-374-2649

TYSONS/MCLEAN—Lux condo to shr. Beaut rm w/pvt BA. \$650/mo + 1/2 utls. N/S. F. no pets. 703-899-3309

UPPER MARLB—Shr hse. BRs avail \$500 & \$550. Sec dep \$250. Util incl, Nsmkg, No pets. Quiet neighborhood. Call 240-423-9930

VIENNA/OAKTON—N/S M/F shr quiet 3BR TH. all amens. w/d. LAN. d/w. fpl. pkg. nr I-66/123. Metro 5 mins. Bus Route. Deposit req. \$645+½ utls. Avail now. Call 703-582-7295

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Nissan 2005 Titan—LE, Cr. Cab, V8, 4x4, Slvr/Slvr, 7k mi, EVERY OPTN., Off Rd. Pkg., CD Chgr/DVD/NAV, Mnrf., Htd. Lthr. Sts., Leer Bed Cvr., MINT! \$32,990 obo, 703-615-4778

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LOOK out

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

London Fashion Week kicks off with style | 39



Blog Log: Rachael Ray vs. Martha Stewart | 40

Possession: W. Nelson caught with pot | 42

Legal Mystery

An ugly divorce battle over millions leaves man jailed for 11 years

Slight, scholarly and enigmatic, H. Beatty Chadwick is doing this day what he has done for the past 4,093: He is sitting in a county jail outside Philadelphia.

It is a place meant for run-of-the-mill crooks just passing through on their way to comparatively luxurious state prisons. Certainly not for anyone to stay 11 years — not for the central figure in one of the most bizarre divorce battles in American history.

It hinges on a charge of civil contempt designed to force Chadwick to turn over \$2.5 million the courts say he hid overseas all those years ago. Except he won't. Or can't, depending on whom you believe.

The case has produced an Everest of court papers — a dozen pleas to the Delaware County courts, nine to state appeals courts, nine to the Pennsylvania Supreme Court, 12 to federal courts, two of those to the U.S. Supreme Court.

But before all that, there was a marriage: Chadwick, a 39-year-old

successful corporate lawyer, to Barbara Jean Crowther, just 22, in 1977.

H. Beatty Chadwick insists the marriage was placid, happy — until his wife, known as Bobbie, became depressed in their later years together. But in past interviews, she has described a home life controlled intensely by her husband, with rationed toilet paper and sex.

She told Philadelphia magazine in 1994 that he once caused her to fall down a flight of stairs and lose a child she had been carrying for 18 weeks.

H. Beatty Chadwick's explana-



THE BEST OF TIMES: H. Beatty Chadwick, third from right, and wife, Bobbie, center, enjoy a party in 1988. They divorced in 1992.

Unhappily Ever After

tion for what happened to the money: He pledged a \$5,000 investment in 1990 in a limited partnership called Maison Blanche, designed to invest in the hot European real estate market. He says the catch was that the investment carried a risk of \$2.75 million: Investors would be liable for that much if the Maison Blanche partners issued a capital call.

He says a capital call is exactly what happened — in January 1993, two months after his wife filed for divorce. His ex-wife's

lawyer, Albert Momjian, showed the courts documentation that H. Beatty Chadwick's money wound up in Gibraltar, with some of it briefly returning to accounts in the United States, and eventually to Luxembourg and Panama.

H. Beatty Chadwick insisted he could not pay up because the cash was no longer his. A county judge found him in contempt. The deal from the courts: Give up the money and go free.

H. Beatty Chadwick failed to

show up for court. Then, the following April, he kept a 7 a.m. dental appointment in Philadelphia.

The hygienist had seen a Philadelphia magazine piece about the marriage, and alerted sheriff's deputies. He was arrested in his dentist's office.

H. Beatty Chadwick now busies himself with research and brief-writing on his own behalf. Time and again, frustration.

And then, a lightning bolt: A. Leo Sereni, a former president judge of

Delaware County appointed to follow the money, said he could find no trace of the money beyond where Bobbie Chadwick's lawyers had traced it.

Sereni said H. Beatty Chadwick should be set free. But the Delaware County courts ruled this February that Sereni overstepped his bounds.

Sereni stands by the report. "After 10 years, it's fruitless," he says. "It's 11 years now. My God — if he had stolen \$2 million, he would have been out a couple of years ago." ERIN MCCLAM (AP)

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will be offering a traditional and user-friendly service for young professionals on both days of

**Rosh Hashanah (Sept. 23 & 24)
and Yom Kippur (Oct. 3, 10:30 AM)**

**at the
Sixth & I Historic Synagogue
There is no charge for the service**

The service is appropriate for people from all Jewish backgrounds, and is guaranteed to inspire and uplift! Discussion & commentary will be interspersed throughout, and concurrent mini-classes on High Holiday themes will be taught for those interested in a break from the service. English translations and transliterations of the prayers will be available, and refreshments will be served.

**For more info. or to register please contact
Rabbi Edelstein at 301-233-2969 or
RabbiE@mesorahdc.org**

Digging Up the Past

World War II

A former nurse in Japan breaks silence about war atrocities

The Toyama No. 5 apartment block is quiet at midday — laundry flapping from balconies, older people taking after-lunch strolls. But the building and its nearby park may be sitting on a gruesome World War II secret.

A wartime nurse has broken more than 60 years of silence to reveal her part in burying dozens, perhaps hundreds, of bodies there as American forces occupied the Japanese capital.

The way experts see it, these were no ordinary casualties of war, but possible victims of Tokyo's shadowy wartime experiments on live prisoners of war — atrocities that have never been officially recognized by the Japanese government, but are well documented by historians and participants.

“We were going to be in trouble ... if American soldiers asked us about the specimens.”

TOYO ISHII
FORMER JAPANESE NURSE

Their first burial was anything but dignified.

Former nurse Toyo Ishii says that during the weeks following Japan's surrender on Aug. 15, 1945, she and colleagues at an army hospital at the site were ordered to bury corpses, bones and body parts — she doesn't know how many — before the Americans arrived.

A mass grave of between 62 and more than 100 possible war-experiment victims was uncovered in a nearby area in 1989.

But Ishii's account — publicly released in June — could yield a far larger number and a firmer connection to Unit 731, Japan's



Toyo Ishii, 84, tells the story of the role she played in burying bodies in Japan.

dreaded germ and biological warfare outfit.

“If the bones are actually there, they are likely related to Unit 731 itself, because the facility that used to stand in that part of the com-

pound was closely linked to the unit,” said Keiichi Tsuneishi, a Kanagawa University history professor and expert on Japan's wartime biological warfare.

Ishii's disclosure led to a face-to-

face meeting with Health Minister Jiro Kawasaki and a government pledge to investigate. But it may be a long time before anything is confirmed.

From its base in Japan-controlled Harbin, China, Unit 731 and related units injected war prisoners with typhus, cholera and other diseases as research into germ warfare, according to historians and former unit members.

Unit 731 also is believed to have performed vivisections and frozen prisoners to death in endurance tests.

Ishii says she was never involved in nor knew about experiments on humans. Her account dwells on the final chapter of the war and the rush to conceal it.

She said the hospital had three morgues, where bodies with numbered tags around their necks floated in a formalin-filled pool, awaiting dissection. Body parts were preserved in bottles.

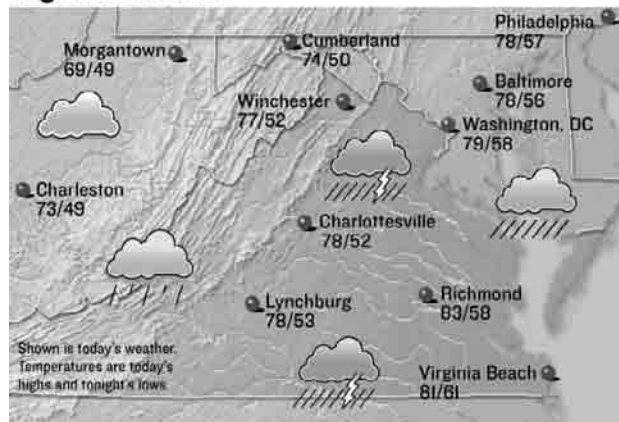
After the surrender, workers piled the bodies and bottles in carts and brought them to empty lots in the compound, she said.

“We took the samples out of the glass containers and dumped them into the hole,” she wrote in a statement to the government in June. “We were going to be in trouble, I was told, if American soldiers asked us about the specimens.” MARI YAMAGUCHI (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Cloudy, showers, a thunderstorm	Clearing, a shower early	Partly sunny, breezy	Mostly sunny	Mostly sunny	Partly sunny
79°	58°	73° / 51°	70° / 54°	72° / 61°	77° / 64°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2006

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	82°
Low	64°
Normal high	79°
Normal low	61°
Average humidity	73%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	5.26"
Normal month to date	2.29"
Year to date	34.94"
Last year to date	29.61"
Normal year to date	28.55"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

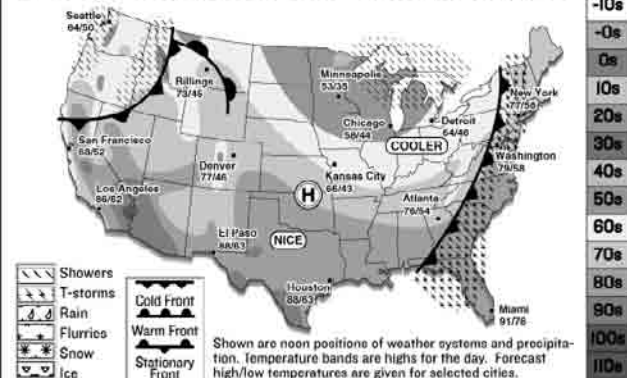
D.C. Metro: Today, mostly cloudy, breezy, a couple of showers, a thunderstorm. High 79. Wind west-northwest 7-14 mph.

Sun and Moon

Sunrise today	6:53 a.m.
Sunset tonight	7:10 p.m.
Moonrise today	4:00 a.m.
Moonset today	6:07 p.m.

	New	First	Full	Last
Sept 22				
Sept 30				
Oct 6				
Oct 13				

National Weather for Tuesday, September 19



National Cities

City	Today	Wed.
Atlanta	76/54/t	76/51/s
Boston	78/60/pc	72/54/pc
Chicago	58/44/c	60/38/pc
Dallas	88/61/s	88/67/s
Denver	77/46/s	72/41/pc
Honolulu	87/76/s	88/76/s
Los Angeles	86/62/s	80/60/pc
Miami	91/76/t	91/73/t
New York City	77/58/t	70/54/pc
Orlando	88/72/t	86/64/pc
Seattle	64/50/sh	62/52/sh

World Cities

City	Today	Wed.
Amsterdam	66/56/sh	70/59/s
Athens	80/66/pc	81/66/c
Berlin	72/54/pc	72/54/s
Buenos Aires	72/54/s	77/54/s
Calgary	55/41/sh	56/39/c
Dublin	63/55/pc	64/57/r
Geneva	66/52/sh	74/61/pc
Moscow	66/44/s	70/55/pc
Rome	76/62/sh	79/63/pc
Sydney	77/57/s	76/57/pc
Tokyo	82/72/c	83/72/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

London Calling

Fashion Week over? Across the pond, it's just getting started

London Fashion Week, for years the poor cousin of more powerful events in New York, Paris and Milan, opened Monday with hopes of restoring luster to the British catwalk.

With top model Kate Moss adding her star power to pre-event shows and both Beyonce and Bono planning to attend later in the week, Fashion Week is hoping to recapture a bit of bling. There is even a headline-grabbing controversy over whether catwalk models have become too thin.

"We are not a traditional capital for fashion, but we are a very creative crucible," said Stuart Rose, chairman of the British Fashion Council, which organizes London's twice-yearly Fashion Week.

The event, which runs through Friday, has long been known as a venue for seeing cutting-edge work from creative, young British designers, while the big fashion houses tend to showcase their wares in New York, Paris or Milan.

The shows began Monday with Paris-based Garen Demerdjian, a Lebanese-Armenian designer,

who presented a layered look with shorts and skirts over long leggings, high cinched belts and leather jackets.

The models, stone-faced and edgy with tangled hair, walked slowly down the catwalk sporting hues of brown, green, apricot, black and silky white amid flashing lights and trance-like music.

On Tuesday, designer Bella Freud is relaunching iconic 1960s label Biba, pioneer of kaftans and flamboyant scarves.

On Thursday, a slew of A-list stars including Beyonce and Alicia Keys are expected to attend the Emporio Armani catwalk show. U2's Bono will be on hand to help launch Armani's Red collection, which will give a portion of its profits to help fight AIDS in Africa.

A debate over whether models were too skinny has raised Fashion Week in the headlines, with organizers rejecting a government minister's calls to follow Madrid's lead and ban extremely thin models from the catwalk.

Culture Secretary Tessa Jowell said Saturday she applauded Madrid Fashion Week's decision, and urged organizers of London Fashion Week to do the same.

"The fashion industry's promotion of beauty as meaning stick thin is damaging to young girls' self-



Everything's coming up roses — and every other kind of flower — at the Peter Jensen show, above. A look from the Noir London Fashion Week show, left.

image and to their health," Jowell said in a statement.

Rose dismissed calls for a ban as "a knee-jerk reaction," but said the debate was a legitimate one. Fashion Week canceled its opening photo shoot to avoid giving the issue more publicity.

"I think outright bans and, indeed, legislation is not a route we'd want to go down," Rose told Sky News television on Sunday. "I believe in a free and open society. I believe in choice.

"I just want to have a quiet time to reflect with my colleagues. ... We'll have the debate, and we'll see what comes from it."

Last week, Madrid's Fashion Week, the Pasarela Cibeles, announced it was banning models with a body mass index, or height-to-weight ratio, below 18.

Organizers said they wanted models to project "an image of beauty and health" rather than a gaunt, waiflike look.

KATIE FRETLAND (AP)

Beauty

Catwalk Chic

DiorShow was the first mascara for which we paid more than \$20. A crisp Mr. Jackson got us long-lasting, crazy-thick lashes. The follow-up, **DIORSHOW UNLIMITED** (\$23, Sephora), has the same high quality with a different look. While DiorShow concentrated on making lashes so lush they nearly looked false, Unlimited makes lashes look much longer, but not as thick. That's not necessarily a bad thing: Those who appreciate a more natural look will prefer this formula. While we tried it in black, our experience with Dior's rich, fun colors suggest that a swipe of the blue would brighten up any face. KRISTEN PAGE-KIRBY (EXPRESS)



Beauty



Tommy Joy

There's something special about getting a compliment on your perfume and smugly replying, "Oh, it'll come out in another two months or so." That's what we've been doing all summer with **TOMMY GIRL 10** (\$38 for 1.7 oz., tommy.com), a scent that won us over at first whiff. The reinvention of Tommy Girl is light yet spicy, and manages to be youthful without smelling juvenile. It's the perfume equivalent of the white button-down shirt: versatile, classy and effortlessly beautiful. K.P.K.



LOOK^{out} Online



from readexpress.com

Low Confidence in Metro

METRO SAFETY | While this isn't necessarily a surprise, an overwhelming majority of Poll Center respondents — 86 percent — do not feel that Metro is prepared to respond to a large-scale disaster. Sunday morning, Metro conducted a multi-jurisdictional safety drill on an Orange Line train with safety and emergency planning volunteers inside — the scenario involved a bomb going off on a train between the Rosslyn and Foggy Bottom stations. But the rescue took two hours instead of 45 minutes, as originally hoped.

Commenter Jen gave Metro the benefit of the doubt. "I don't think they're ready, but I think they are taking steps to getting there. At least they're trying."

Commenter Mr. Forest Glenn was more critical: "Metro can barely get the trains to run on a day-to-day basis ... and you ask us if we have any confidence should something go wrong? You're kidding, right? Ha, ha, very funny."

Commenter SHB also sounded pessimistic. "They can't even control the high school kids on the green line. How do they think they can do anything in a disaster?"

That's not a level of public confidence that Metro can look fondly upon. **MICHAEL GRASS (EXPRESS)**

One More to Go

MEMORIALS | The second spire of the U.S. Air Force Memorial, located off Columbia Pike at the Navy



ON THE RISE: The second spire of the U.S. Air Force Memorial is complete.

Annex, is complete, topping out at 230 feet. The memorial has one more spire to go before it is dedicated next month. Once a final piece

is in place, the third spire will rise 270 feet. **M.G.**

In the PR Trenches

LOCAL BLOGS | In a city in which public relations is just as important — if not more important — than politics or its associated lobbying activities, we thought it was odd that nobody had started blogging about the life of a PR flack.

Enter Adam Kovacevich, an assistant vice president at Dittus Communications, whose spokespersonship and communications experience has taken him from Capitol Hill to K Street in recent years. Kovacevich will be talking shop — and dissecting the news — at **POTOMACFLACKS.BLOGSPOT.COM**.

M.G.

→ Coming Up Today

Should others feel pity for you if you're at a bar wearing flip-flops and someone steps on your toes? Some rules for the last few days of summer.



Poll Center

TODAY'S QUESTION

Who would you like to see as Redskins quarterback?

1. Mark Brunell
2. Jason Campbell
3. Todd Collins
4. Antwaan Randle El

YESTERDAY'S RESULTS

Is Metro prepared to respond to a large-scale disaster?

NO **YES**

86%

14%

As of 5 p.m. Monday. Not a scientific poll

SEE HOW YOUR METRO STATION VOTED AT **READEXPRESS.COM/POLLCENTER.PHP**



"[Rachael] Ray's catchphrase is 'Yum-o.' Ms. Stewart's catchphrase is 'It's a good thing.' Both lame. Draw."

ANGRY-PIRATE.BLOGSPOT.COM SIZES UP THE COMING COMPETITION BETWEEN DOMESTIC DIVAS MARTHA STEWART AND RACHAEL RAY, WHOSE NEW TV TALK SHOW STARTED MONDAY.

Lots of Drugs

"I have three different types of antibiotics, four types of painkillers, two types of anti-anxiety meds, antidepressants, inhalers, two different types of allergy medication, three different types of sleeping pills and topical ointments for various scars, hives, etc."

NEVERINTOWN.BLOGSPOT.COM SAYS IT'S TIME TO REASSESS HER OVERALL HEALTH AFTER CLEANING HER MEDICINE CABINET.

Vanishing

"If there's one thing from this ride and last year's Tour de Vin, it's that we'd better enjoy Virginia's countryside now before it's completely devoured by suburban sprawl. It's happening already ..."

FREEWHEELINGSPIRIT.BLOGSPOT.COM ON THE STATE OF VIRGINIA'S COUNTRYSIDE.



Supporting His Party

"Any time spent criticizing one's own party is time not spent explaining to the American people how this Congress and this president have weakened our country, and how Democrats would do better. There is an election in less than two months. We'll have plenty of time then to examine why we lost once again."

IIIS.ORG IS FUMING AFTER DEMOCRATIC INDIANA SEN. EVAN BAYH REMARKED THAT HIS PARTY CAN'T BE A "BUNCH OF WIMPS."

Woe Is Washington

"Can it really get any worse? Are you seeing a repeat of 2004? Many questions remained unanswered after the Redskins' loss ... to the Dallas Cowboys, 27-10. ... One thing is clear: Redskins fans are not happy and have every right to be mad."

HAILREDSKINS.COM ON THE SORRY STATE OF THE REDSKINS.

Live Online

Sinking 'Skins

Post columnist **MICHAEL WILBON** was online Monday at washingtonpost.com to discuss the Redskins' loss to the Cowboys and the Nationals' Alfonso Soriano's joining the 40-40 club.

So am I being overly optimistic in thinking that it takes a few regu-



lar-season games to get acclimated to the new offensive system? Fans in the area need to be realistic. If we are patient, I

believe this will all work out.

Your patience won't determine whether anything will work out, but I agree with the notion that it will take awhile. I thought it would take three or four weeks for the offense to start to resemble the Al Saunders offense. Now, I did think the Redskins would beat Minnesota, lose to Dallas, and have no emergency going into Houston. The defense should have been able to beat the Vikings and Texans, but it doesn't seem the defense is up to

the challenge either.

When will the Redskins coaches realize that Mark Brunell is past his sell-by date and invest in the future with Jason Campbell?

I think the Houston game will make that determination. If he struggles with the Texans and the Redskins lose to go 0-3, then I would think you'd see The Kid warming up, right?

Is Brunell a has-been or a never-was?

Well, Brunell did lead the Jaguars to a pair of AFC Championship games, once getting past John Elway in his prime to do so. He didn't win a Super Bowl, but neither do most quarterbacks, even really good ones. I liked Brunell in his prime. And this season isn't over. It's still early ... well, it's early until the end of that Houston game.

Now that Soriano has joined the 40-40 club with Bonds, A-Rod and Canseco, is he the most popular person in the club?

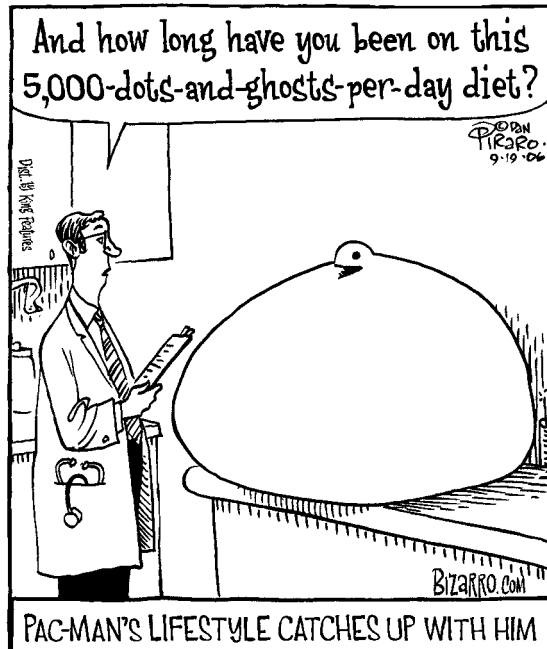
Yes. By default, right? If everything is relative, and it is, then, yes. What a group, though let me declare I'm a huge A-Rod fan. Hugs.



TALK LIKE A PIRATE. Ahoy, you been waitin' all year, and now 'tis finally come: Tuesday be International Talk Like A Pirate Day. Aye, while, shockin'ly, not a federally recognized holiday yet, Talk Like A Pirate Day be the one day a year when you have a legitimate reason t'adopt buccaneer-speak in e'ryday con'ersation. Garr.

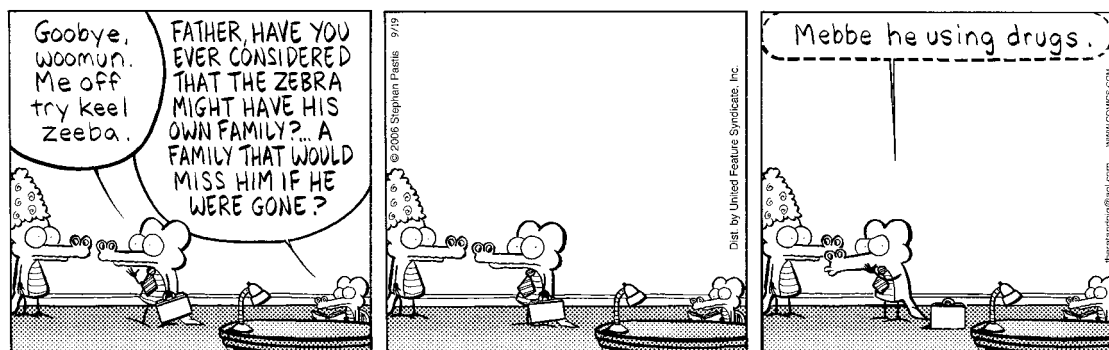


TODAY ON LIVE ONLINE: Washington Post staff writer Paul Farhi will take questions on the best and worst of pop culture at 1 p.m. | washingtonpost.com/liveonline

Bizarro | Dan Piraro

Cornered | Mike Baldwin


"Send in... oh, heck. What do you call that guy? Works across from finance? I'm not even sure what he does."

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy


Horoscope

By Stella Wilder

VIRGO (Aug. 23-Sept. 22) Your own stubbornness may be matched by someone else's, and you have a choice to make: be combative or work toward cooperation. Decide now.

LIBRA (Sept. 23-Oct. 22) You should be able to put several native gifts to good use. Take care, however, that notoriety doesn't become your primary objective.

SCORPIO (Oct. 23-Nov. 21) You must be sure that you're ready for what comes next. It's essential you have plans firmly in place before setting off on a mission.

SAGITTARIUS (Nov. 22-Dec. 21) You may be called upon to explore some unknown territory — either literally or figuratively. Your eagerness will serve you well.

CAPRICORN (Dec. 22-Jan. 19) If you find yourself saying you don't have the time for something dear to your heart, you're probably only making up excuses for a delay.

AQUARIUS (Jan. 20-Feb. 18) Someone close to you is likely to have some good news and some bad news. They're close-

ly related, and you can make good use of both.

PISCES (Feb. 19-March 20) Now is not time for idle talk. If you want to get started on a new project, you're going to have to take some aggressive action.

ARIES (March 21-April 19) You'll want to share some domestic harmony and bliss with a loved one. You should be able to make time for anything — with planning.

TAURUS (April 20-May 20) You'll have no choice but to trust what a rival tells you. The information you receive may conflict with prior notions, but they can change.

GEMINI (May 21-June 20) An unexpected development may put a kink in your plans, but even a minor adjustment on your part can result in a major shift of fortune.

CANCER (June 21-July 22) You may concoct a plan that is immediately embraced by those with the wherewithal to make it happen. Take care you don't give up all control.

LEO (July 23-Aug. 22) Someone can bring a good deal of excitement into your life — but you must make yourself available to all manner of offers and invitations.

Letters

U.S. Lacks 'Moral Authority'

IN REGARDS TO Friday's letter ("5 Years Later, U.S. Is Safer"), to claim that the policies of the Bush administration have prevented other terror attacks can't be proven without evidence. The Taliban, which gave Osama bin

Laden support in 2001, have returned to a position of prominence in Afghanistan, where the true "war on terror" should continue to be fought. Iraq had nothing to do with 9/11. I grew up believing that America would never start a fight, but would certainly end it. We used to be admired. The U.S. no longer has moral authority.

—KELISA KEHNE-CLIFF
Alexandria, Va.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1777 During the Revolutionary War, American soldiers won the first Battle of Saratoga.

1945 Bruno Hauptmann was arrested in New York and charged with the kidnap-murder of Charles A. Lindbergh Jr.

1955 President Juan Peron of Argentina was ousted after a revolt by the army and navy.

1959 Soviet leader Nikita Khrushchev reacted

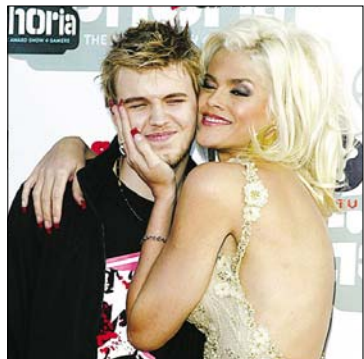


Nikita Khrushchev reacted angrily after being denied a visit to Disneyland.

angrily during a visit to Los Angeles upon being told that, for security reasons, he wouldn't be allowed to visit Disneyland.

LOOK out

People



Daniel Smith died suddenly Sept. 10.

INVESTIGATION

New Autopsy, No Answer Yet

ANNA NICOLE SMITH's son was on prescription anti-depression medication when he died, a pathologist who did a second autopsy on 20-year-old **DANIEL SMITH** said Monday. Cyril Wecht said Daniel Smith was being treated for depression that began about four to six weeks earlier. He is still awaiting toxicology tests to confirm the cause of death. (AP)

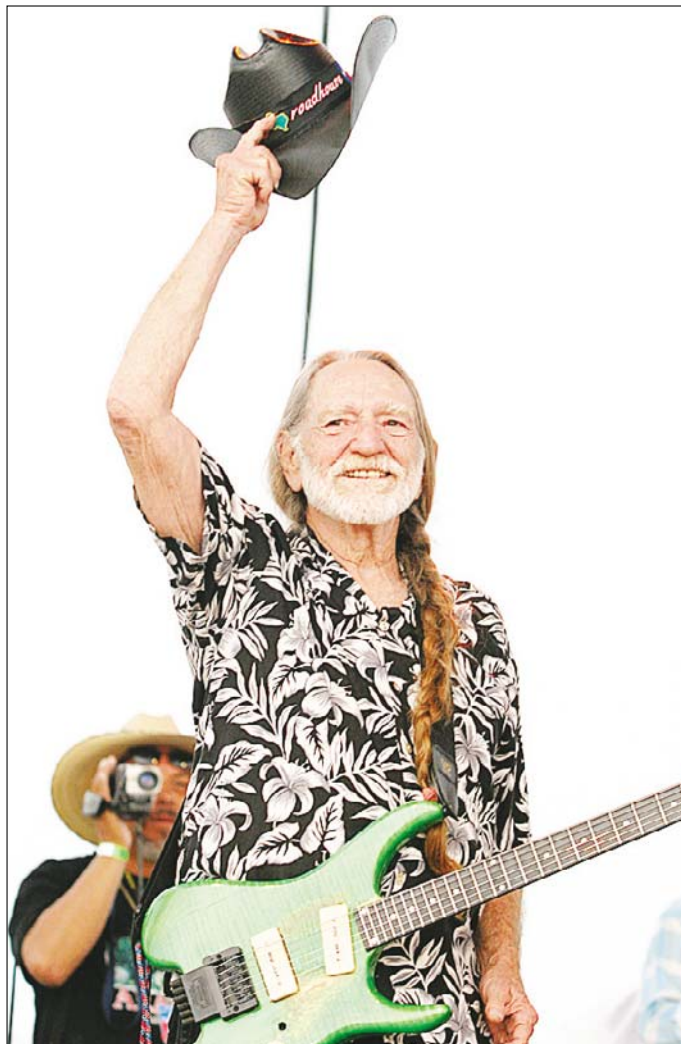
WEDDINGS

When You Own Malibu, A Venue's Easy to Reserve

MEL GIBSON's only daughter, Hannah, married blues-rock guitarist Kenny Wayne Shepherd this weekend.



Gibson, 26, and Shepherd, 29, of Benton, La., exchanged vows in California on Saturday, *People* magazine reported on its Web site. Shepherd's albums include "Ledbetter Heights" and "Live On." Gibson, 50, and his wife, Robyn, have seven children. Hannah is their oldest child and only daughter. (AP)



NO WAY!

He Was Framed!

WILLIE NELSON and several band members were issued misdemeanor citations for drug possession early Monday during a traffic stop in Louisiana. Trooper Willie Williams says troopers smelled a strong odor of marijuana when the driver opened the bus door. During a search of the bus, approximately 1 1/2 pounds of marijuana and 2/10 of a pound of mushrooms were found. (AP)

DIRT

All His Past Photographer Abuse Would Sink Him in The Primaries

SEAN PENN has no interest in running for office. While he has bitterly criticized President Bush, toured Iraq to observe the war there and helped rescue workers with door-to-door searches for survivors after Hurricane Katrina swamped New Orleans, he said



Sean's mullet won't win him any votes, either.

he would not become one of those actors who goes into politics himself. "You know what the honest truth is? I don't want to," Penn said. "It's hard enough to go out there and party at a film festival and shake so many hands and smile, you know? I mean, forget it." (AP)

BUNS IN OVENS

An Engagement Gets Longer

MTV VJ **LA LA VASQUEZ** and her fiancé, NBA star Carmelo Anthony, are expecting a baby in March, her representative confirmed. The baby will be their first child together. The couple have been engaged since 2004 and plan to marry after the



baby's birth, he said. Vasquez, 27, is a VJ for MTV shows "Total Request Live," "Spring Breakdown" and "Direct Effect." Anthony, 22, plays for the Denver Nuggets. (AP)

POISE

Maturity Gap Between Scarlett and Lindsay Lohan Becomes Yawning Chasm

SCARLETT JOHANSSON struts her stuff on the red carpet, but in real life, she'd rather remain a mystery. "I can't stand those articles where people spill their life story," Johansson, 21, says in the new *InStyle*. "After a while I feel like I know more about them than their best friend does — and that's weird. It's better when you don't know everything." She's confident about her hourglass figure. "I'm curvy — I'm never going to be 5'11" and 120 pounds. But I feel lucky to have what I've got." (AP)



As you read this, ScarJo will celebrate her mental 35th birthday. Best wishes!

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ACROSS

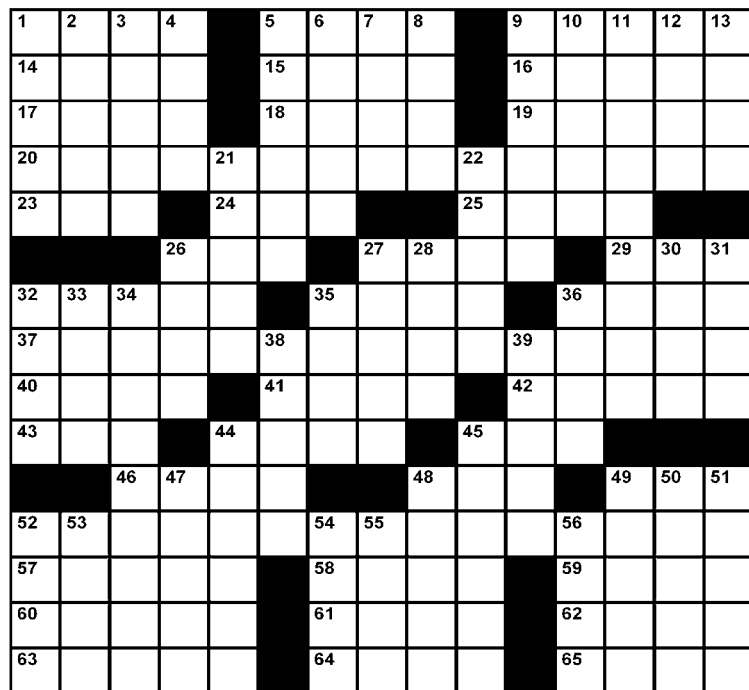
- 1 Tortoise-like
5 Word with wrench or dream
9 Medieval weapons
14 Ice shape
15 Yemeni port
16 Actress Verdugo
17 Top draft status
18 Furnish temporarily
19 Wise legislator
20 Loved dairy product?
23 Hospital areas (Abbr.)
24 Voice man Blanc
25 Pianist Dame Myra
26 Lush surroundings?
27 Nairobi Trio players
29 Howard Hughes' airline
32 Frequently
35 Spread unit
36 Famous twins' birthplace
37 Comedic pastry?
40 Summer coolers
41 Attention-getter
42 Argument flaws
43 Kind of party
44 Tucked in for the night

DOWN

- 45 Director's cry
46 The Police was one
48 Norm's bartender
49 Convened
52 Soul food dessert?
57 Pertaining to surface extent
58 Ajar, e.g.
59 Hennerly
60 Recipe instruction
61 One side of a 1973 ruling
62 Whet
63 Roman social sites
64 Luge, e.g.
65 Lyric poems

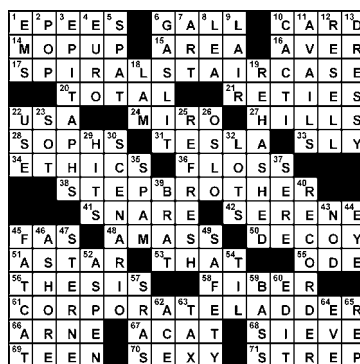
DOWN

- 1 Twenty
2 Type of month
3 Heeds
4 Don
5 Four-time
6 Perfect example
7 Historic Quaker
8 Prefix meaning "inside"
9 Interlocks
10 Fleshy medicinal plants
11 Heavenly
12 Cain's nephew
13 Rational
21 Certain sultanate citizen



- 22 Root in the stands
26 They must be covered to be real
27 Hurt plenty
28 Spring event
30 Aftermath
31 "My Cup Runneth Over" singer Ed
32 Leave out
33 Confront
34 Doctor's specialty
35 Former Davis Cup captain
36 Glaswegian, e.g.
38 Big shot
39 Tack type
44 Ushers' milieus
45 Sacked
47 Extend
48 Nobel, e.g.
49 Rose
50 Offer reparation
51 Genres
52 Entrance part
53 Diva's piece
54 Spats
55 Fall birthstone
56 Reverberate

Yesterday's Solution

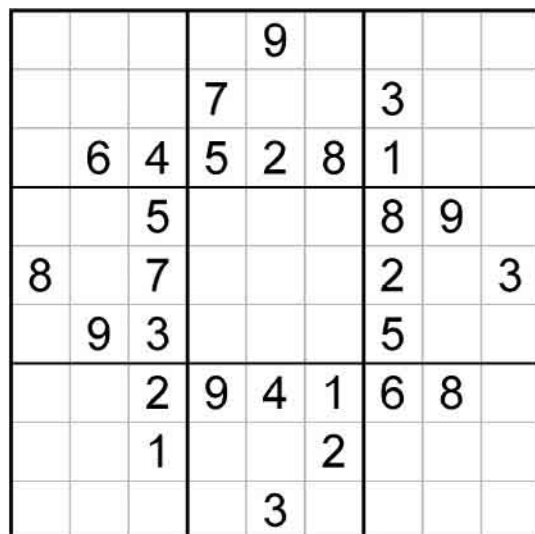
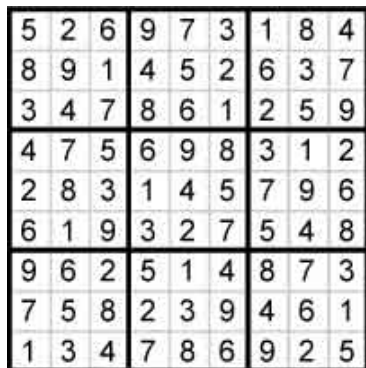


Su | do | ku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Yesterday's Solution



Need more Su | do | ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

express

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NUTRITION

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GETTY IMAGES

BaggageCheck



GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Friends Who Judge, Friends Who Eat Junk

Q I've been dating a wonderful woman for three months. She makes me happy, she's funny and smart and I am very attracted to her. What could be the problem? I'm embarrassed when she meets friends, family and co-workers. She's not as conventionally good-looking as my past girlfriends. I'm ashamed, but I can't help but care that people are probably thinking I could do better. —NO NAME

Let's see, you're "happy," she's "wonderful" and you're "very attracted" to her. And because your buddy Frank may not want to sleep with her, everything's gone south?

Sorry, I'm being hard on you. It's natural to care what other people think, and it's understandable to be



ERIC REECE

less than excited by the prospect of your friends being less than excited about your new squeeze. But let's do a reality check: If these people are your friends, they'll share enough of your taste in humor/conversation/intelligence to share your favorable rating of your girlfriend. So give it time. If and when your love for her grows, your worries about their judgments will dwindle accordingly. If they don't, maybe you aren't truly bothered by their feelings, but rather the truth behind your own.

Q My friend was told by her doctor that she needs to drop at least 20 pounds. She's gone on a pretty strict diet and says it's difficult to be with me if I'm eating anything but healthy food. Now it seems like almost anything I want is objectionable because she'll be too "tempted" — even movie popcorn. I'm sorry, but at what point is she throwing away the friendship?

—FRUSTRATED FRIEND

Let's hope she doesn't develop a dog allergy, or next you'll be suggesting that you hang out at a kennel!

I'm assuming she isn't traveling an unhealthy path in terms of food restriction, deprivation or obsession. Here's what I hear: She's trying to overcome a major challenge to get healthy, and she needs her friend's help. And the only heavy lifting she requires of you is simply to not reek of nachos!

Of all the things friends do for each other, is staying in for turkey on whole wheat really that much of a sacrifice? Though I really do understand it could be stifling, right now is when she needs your help most. If in six months you're still able to do nothing together but talk, relate and — gasp! — watch movies at home, then you can re-evaluate. But my guess is that even before then, you'll realize it's not so bad.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.



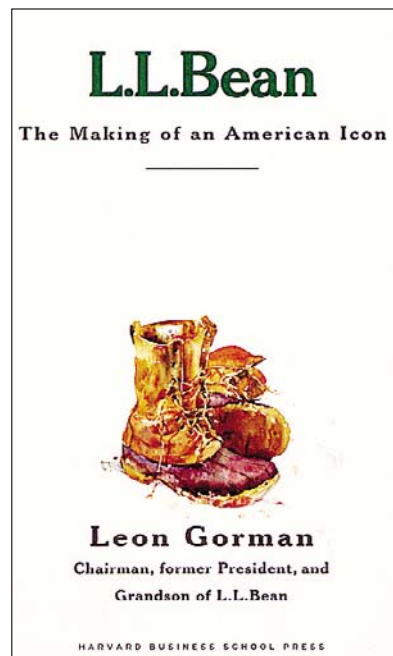
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Grasping the Maine Idea



IT WAS NEVER ALL BUSINESS with L.L. Bean, the late founder of the outdoor products chain that bears his name. And so it is with "L.L. Bean: The Making of an American Icon" (\$27, Harvard Business School) by Bean's grandson, Leon Gorman, chairman and former president of the company. To tell the story of Bean's business' climb to esteemed icon (and even fashion haven in the early 1980s, according to "The Preppy Handbook"), Gorman starts by explaining the origins of the Maine Hunting Shoe. The invention of the leather/rubber footwear propelled Bean into the apparel business, determined to help people revel in the great outdoors. Reading the book will inspire you to go fishing, or perhaps start up your very own catalog retailing concern.

Drink Up, Blast Off

JUICE SEEMS SO WHOLESOME, but as any dietitian will rant about, it has crazy amounts of sugar. So will kiddies drink a beverage with less sweetness? That's the gamble of the folks behind WaddaBlast (\$1.34), an 8 oz. dose of purified water with a kick of pure juice and added vitamins. The end result is a 50-calorie refresher in a minibottle that will probably woo parents, but we expect that kids may be thrown off by the taste. When tasters sampled the "lemonade" flavor, they all pegged it as watered-down apple juice (which it is, if you look at the ingredients list).

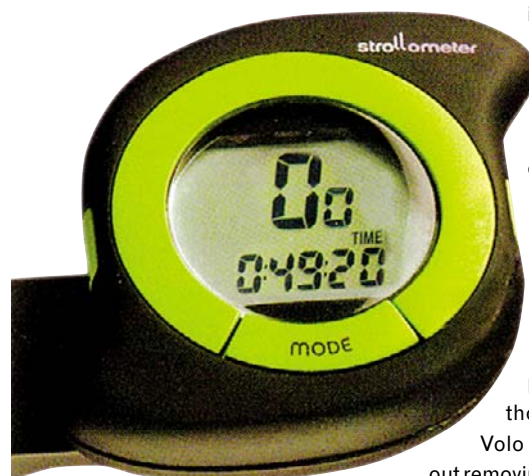
It's not gross, though, which is the key requirement for appealing to this picky demographic.



NEW
IN HEALTH
**warm
ups**

Miles to Go Before He Sleeps

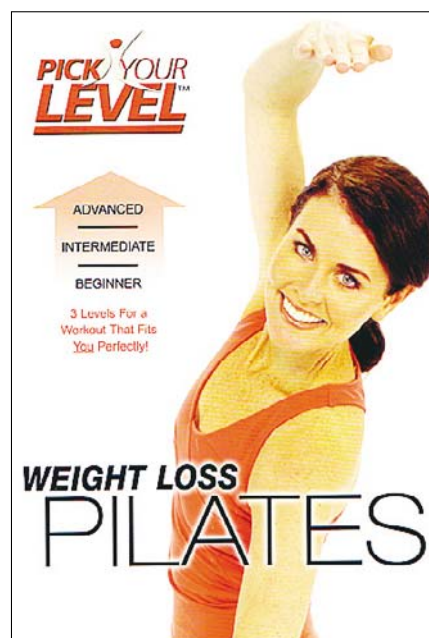
WE EXPECTED THE STROLLMETER (\$40, strollometer.com)—an odometer for a baby carriage—to be the ill-adapted offspring of a cycling computer and a pedometer. It is, rather, that rarest of gizmos: a novel, high-quality, thoughtfully designed item that serves a very specific audience very well. It's simple to install, with clear instructions and sturdy components; we were done



in 10 minutes. (A magnetic sensor on the back wheel feeds info wirelessly to the console, which snaps onto the stroller handle.) And it works, accurately tracking speed, distance and trip time, even at a run. (It tells the temperature, too!) It's a little iffy on compact umbrella strollers, though—our Maclaren Volo wouldn't fold up without removing the sensor.

Go Your Own Way

ADVANCES IN DVD technology have made virtually every workout customizable—just skip to what you want to do. But "Weight Loss Pilates" (\$15), part of the new "Pick Your Level" series, gets personalized the old-fashioned way. Cheery Ellen Barrett performs three sets of moves at an intermediate level, while two ladies at her side show off the beginner and advanced poses. So you can push as much (or as little) as your body is capable of that day. And it's great if you want to do an exercise video with a differently abled workout buddy.



PRODUCTS

GuineaPig



Sad Songs Sleep So Much

"BEDTIME BEATS: The Secret to Sleep" (\$19) is a two-disc classical music compilation that, for this tester anyway, was the secret to spending the night in a stupor punctuated by tinkly piano solos.

The set is inspired by a Taiwanese study in which senior citizens with sleep difficulties were given sedating music—tunes with a tempo of 60 to 80 beats per minute—to play at bedtime. The songs helped them sleep better and longer. It was, perhaps, a mistake on our part to play the discs all night, rather than, as in the study, for a mere 45 minutes. Also, we are not senior citizens.

Methodology aside, another problem manifested early on: Slow classical music is sad. Especially Beethoven's Piano Concerto No. 5 and, like, anything by Chopin. Sad songs make for sad thoughts: Lonely hobos stuck in the rain, abandoned puppies, orphans. But one person's depression music is another person's melodic Xanax, so "Beats" is worth a listen if you want to try an all-natural sleep aid. HOLLY J. MORRIS (EXPRESS)

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| THE EXPERTS

TrainReaction

Take a Hike

Q I am going on a hiking trip in the Grand Canyon and I'd like to be physically prepared. What exercises can I do to be ready in four weeks?

First of all, wear your backpack during your training sessions at the gym — no matter which funny looks are sent your way. If you're going to schlep a 30- to 40-pound bag for hours of hiking, you should have no problem wearing it for one hour, three to four days a week.

Start with a five to 10 minute warm-up on a treadmill set to a 10 percent incline at about 3.5 miles per hour. Keep the focus on your legs for 40 minutes of your regimen. You're not always going to be hiking in a straight line, so do plenty of one-leg step-ups to the front and side. Do squat pushes: Hold a medicine ball at your chest and extend your arms at the bottom of the squat. Perform side lunges reaching a medicine ball toward your foot.

Devote the remaining time to the upper body, but remain on your feet. Exercise options include a cable fly, a one-arm dumbbell row and a dumbbell shoulder press. Core exercises might include holding a push-up position (still wearing your pack!) for a full minute, and diagonal body rotations with a medicine ball.

Matthew Blair Davis, MS, CSCS, PES, is an award-winning personal trainer and president of **Functional Revolution Fitness** (functionalrevolution.com), which provides private personal training. E-mail him at matt@functionalrevolution.com.



GETTY IMAGES

Hit the Big Time

When to play tennis, go spinning or stretch out

No matter how much we train, we're always searching for that extra edge. Every advantage helps us work out smarter and make our bodies stronger. And one of those key advantages is to match your workout time to your body's needs.

That's because your body's circadian rhythms — the series of physical and mental highs and lows that repeat every 24 hours — can influence your energy level and ability to exercise. If you can tweak your schedule and match your workout to your body's physiological patterns, then you'll make the most of your body clock — and your body.

MORNING (6 to 9 a.m.)

Because you've been sleeping, your muscles are stiffer than a Friday-night martini, and your heart rate has slowed to about 60 to 80 beats per minute. And your joints are 20 percent less flexible than they are at the end of the day.

Warming up is always important, but morning tightness makes injuries more likely. Do 10 sun salutations or hop on a bike for eight minutes, then do three sets of 10 low-bench or stair step-ups (step up and back down, alternating legs).

Morning is the best time for aerobic endurance activities like running and cycling because your lower heart rate allows you to go longer, farther

and harder. Burn fat and calories with 45- to 60-minute sessions, and keep up a pace at which you can hum a tune or carry on a conversation with short sentences.

MIDDAY (10 a.m. to 2 p.m.)

Your body temperature has risen, meaning that circulation has improved to better deliver oxygen to your brain and muscles.

A 30-minute strength circuit with minimal rest (60 seconds or less) between sets will get your blood gushing at maximum levels, which will help prevent the post-lunch energy drop. Gregory Florez of the American Council on Exercise recommended a full-body circuit

including chest presses, lat pull-downs, shoulder presses, lunges, biceps curls, tricep kickbacks, crunches and back extensions.

Take advantage of improved midday coordination with sports like tennis. "Racquet sports also require you to stop and start a lot, so you train your reaction time and work at a high intensity in short bursts of time, which can improve your energy level," Florez said.

"Working out after 9 p.m. can ... affect the quality of your sleep."

LATE AFTERNOON/EARLY EVENING (3 to 8 p.m.)

By now, your core temperature is as much as three degrees higher than it was in the morning, so flexibility, muscle strength and reaction time are peaking. A higher body temp corresponds with an increased tolerance for pain, so now's the time to push your limits. For best results, try not to exercise too late. "Working out after 9 p.m. can rearrange all of your biological rhythms and affect the quality of your sleep," said Chris Maund, a corrective exercise specialist in Encinitas, Calif.

Your power levels are at their highest, so make the most of them by going hard and sweating like a wool-wearing Floridian. Do spinning class for cardio intervals or lap sprints in the pool (or play team sports like soccer and basketball, which require intense bursts of speed). French researchers found that a swimmer's stroke length, rate and velocity were 3 to 7 percent greater at 6 p.m. than at 8 a.m. DIMITY MCDOWELL (REPRINTED COURTESY OF WOMEN'S HEALTH MAGAZINE.

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VITALSTATS

144

NUMBER OF PEOPLE KILLED BY THE H5N1 VIRUS — AKA BIRD FLU — SINCE 2003, ACCORDING TO THE WORLD HEALTH ORGANIZATION.

running for congress

■ Rep. Rob Andrews

IF YOU THINK your commute is bad, consider the daily trek of Rep. Rob Andrews (D-NJ), who zips in and out of town on Amtrak. He often has to dine at Union Station while waiting for the train home, but he says he can always hunt down a nutritious option in the food court. Another health tip: "I don't smoke. Never have. Never will." VICKY HALLETT (EXPRESS)



"I'm lucky enough to have exercise equipment in my basement that my wife has acquired over the years. I mostly use the elliptical, the rowing machine and an ab-crunch machine."

"My oldest daughter is a soccer player, so I'm outside a lot watching her games. I usually walk along the sidelines instead of taking a seat."

"I'm allergic to everything, so I try to avoid situations with long-haired dogs."

"What I've learned to do is carve out time to eat dinner at home with my family, so I won't be tempted to eat at events. It's so much better than grabbing a handful of hors d'oeuvres at a series of receptions or, even worse, stop at a diner at 11 p.m."

Chums in Scrum

D.C.'s most diverse rugby team welcomes all

Rugby may enjoy a wide following around the globe, but on this side of the Atlantic, it's not truly mainstream. The same could be said for the Washington Renegades, a majority gay rugby team that practices in Dupont Circle.

Founded in 1998, the Renegades were the first U.S. team to actively recruit gay men and men of color. Though this multicultural legacy is a big part of the team's identity, it's never been an exclusive club. All are welcome, provided they learn to live and breathe the game.

WHAT IT IS: Rugby is best described as a football-soccer hybrid. Players must avoid being tackled as they carry the ball toward the opposing team's goal. As in soccer, the action rarely stops — not even after a tackle. Passes in rugby can only go backward, however.

To advance the ball, rug-
gers often pitch it to the backs, a set of positions usually filled by short, speedy guys, who then run the ball forward. Players can drop-kick or punt the ball forward, but eligible receivers have to hustle to catch up: Standing or waiting for a pass in front of the ball carrier is an offside penalty.

MOVES: Players spend much of their field time enmeshed in brawling formations that look like teetering mosh pits to the untrained eye. One of those is the scrum, used to restart play after a minor penalty. At the referee's signal, interlocked bunches of eight players from opposing teams butt their shoulders together, forming a tunnel. After a player puts the ball in the middle of the tunnel, players known as hookers attempt to extract it with their feet.

When a player goes down during a run, he must release the ball. Players from opposing teams immediately surround the ball, forming a table-like structure with their upper bodies. This is known as a ruck and, once it's set, any player can



COURTESY RENEGADES

**Work
it Out**

The Washington Renegades (in the red, white and blue uniforms, of course) perform a lineout, in which one player jumps to catch a ball thrown from out-of-bounds. Two teammates help hoist him by his shorts. If you're interested in joining, e-mail renegades_recruits@yahoo.com or visit dcrugby.com.

reach under the table and retrieve the ball, provided he stays behind his teammates.

WORKOUT: The 80-minute game is all about battling for the ball, so players can expect a strenuous session. The two-hour, twice-a-week practices are no easy feat, either. After a cardio warm-up, players tone ball-handling and tackling skills with high-energy drills. A 30-minute, no-punches-pulled scrimmage tops off the evening.

Since the Renegades play 10 months a year, new players have ample opportunities to hone their skills. Soccer players, wrestlers and hockey players often take to the sport quickly. Football players "have more bad habits to break," said team president Ned Kieloch, but have the advantage of being unafraid of contact.

Since injuries are possible in a game that involves football-style tackling without football-style pads, coaches focus on fundamental grappling techniques that minimize the risk of injury.

CROWD: Renegades players enjoy an easy camaraderie on the pitch (rugbyspeak for "field"), whether they're gently teasing rookies or excitedly discussing this summer's third-place finish in the Bingham Cup, the International Gay Rugby Association and Board's biannual tournament.

Straight, gay, whatever: The Renegades are all about the sport. "I didn't know this was the gay rugby team when I joined," said Roberto Santiago, who recently retired due to a shoulder injury. "It took me, like, three weeks to go, 'Oh, I'm in the minority.' It was never an issue."

Kieloch believes that the combination of openness and dedication to rugby serves another purpose: to break down barriers and stereotypes. "Some people watch way too much television. What they see on TV is their image of what a gay person is," he said. "When they see someone who has a passion for the sport that they, too, love, they go, 'Jeez, well, OK, so he dates guys, but he's just like me. He loves rugby.'"

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SCHEDULE OF EVENTS

MUSEUM OPENS
8 AM

YOGA ON THE MALL
8 AM

Bring a mat and join an attempt to break the record for the largest yoga class in America. John Schumacher, founder and director of Unity Woods Yoga and one of the nation's foremost instructors, leads the event. Demonstrations of tai chi and martial arts will follow. *Event will be canceled if it rains.*

TOURS OF THE FREER GALLERY OF ART
10:15 AM, 11:15 AM, 1:15 PM, and 2:15 PM
Meet at Freer information desk

THE PEACOCK ROOM WITH LEYLAND'S BUTLER
11:15 AM and 1:15 PM

The Peacock Room was once the dining room in the London home of wealthy shipowner Frederick R. Leyland. Join actor Jonathan Watkins as he tells the intriguing story of Leyland, artist James McNeill Whistler, and the Peacock Room through the character of Leyland's butler.

MASKS AND GAMES
1-4 PM, Freer courtyard
Play Asian board games and make masks of masterpieces.

FÈS FESTIVAL OF WORLD SACRED MUSIC

1 PM, Freer steps (rain location: Meyer Auditorium)
More than twenty musicians from South Asia, North Africa, Europe, and the United States recreate the atmosphere of one of the world's great musical gatherings. This event is presented in cooperation with the Embassy of Morocco.

INDIAN AMERICAN JAZZ:

RUDRESH MAHANTHAPPA QUARTET

4 PM, Freer steps (rain location: Meyer Auditorium)
One of New York's most innovative jazz artists performs a blend of South Asian and Western improvisation. *If it rains, free tickets will be distributed—at noon for the Fès Festival and at 3 PM for the Mahanthappa Quartet—at the Meyer Auditorium on a first-come, first-served basis; limit two per person.*

SAKE TASTING

6-8 PM, Freer courtyard

STAND-UP COMEDY

8 PM, Meyer Auditorium

Vijai Nathan, a leading Indian-American female comedian, and Frank Hong, one of the illustrious members of the DC Comedy All-Stars, bring down the house. *Free tickets required; available through Ticketmaster by calling 202.397.7328 or visiting www.ticketmaster.com.*

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10 PM

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8 AM-10 PM

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| STUDIES

Stethoscope

C-Section Poses Risk

■ Just because Britney Spears does it doesn't mean it's a good idea. (Although you really didn't need to be told that, did you?) A study in the journal *Birth* reports that infants born via elective cesarean section are at a higher risk of death in the first month of life than those born the old-fashioned way. The researchers, at the National Center for Health Statistics, haven't pinned down why this is, however.

**Do the Fake Bake**

■ Because teenagers apparently don't listen to anyone ever, they still think a tan is attractive and healthy-looking. As we know, of course, a tan reflects sun damage, and nothing else. The American Cancer Society found that, while more teens are using sunscreen (39 percent in 2004 versus 31 percent in 1998) and fewer are getting sunburns (69 percent versus 72 percent), few are using other sun-protection methods, such as wide-brimmed hats, shade and sunglasses.

New Cancer Test?

■ New research could lead to a test to show women who don't have telltale gene mutations whether they're at risk for breast or ovarian cancers, Reuters reported. Some women don't show mutations in their BRCA1 and BRCA2 genes, but still have a family history of breast or ovarian cancers. According to a study published in the journal *Cancer Research*, some women do show low levels of the FANCD2 protein, which normally helps out repairing broken chromosomes.

A Nooky Know-It-All

Former campus sexpert Amber Madison shares her smarts

Every teenager should have a pal like Amber Madison, the 22-year-old Tufts grad and author of "Hooking Up: A Girl's All-Out Guide to Sex and Sexuality" (\$16, Prometheus).

She shies away from nothing (not even the gross noises two sweaty bodies can make) as she tells her readers everything one should know before becoming sexually active. She talked to Express' Vicky Hallett about some cardinal rules of sexual health.

Don't be scared of your vagina

"It was so surprising to see sexually active women disgusted by their vaginas," Madison said of her research. "Women are taught it's a dirty place that bleeds." So she devoted the first few chapters of her book to the anatomy, care and respect of the female sex organs. And she rails against the idea that vaginas need to be cleaned — douching can alter pH levels and create smelly infections.

Burning doesn't equal STDs

As sex columnist for Tufts' student newspaper, Madison was asked lots of terrifying questions. Girls "would run up freaking out that they had an STD and say, 'My vagina is itching,'" she recounted. In reality, these ladies were experiencing their first yeast infections (Opt for the three-day cure over the one-day, Madison recommends). But it's important to



COURTESY PROMETHEUS BOOKS

be vigilant about discomfort, because it could turn out to be more serious. If Monistat isn't working, get thee to a gynecologist.

Not everyone has a Brazilian
Madison's most outrageous research

technique started with rough sketches of four possible grooming scenarios (bald, landing strip, within the lines and au naturel). She then walked up to 100 young women in Harvard Square and asked which method they used. "Surprisingly, I

never got slapped, and I was only told I was a pervert once," she said. Within the lines won, hands down. Landing strip followed, with au naturel just behind.

"Surprisingly, I never got slapped, and I was only told I was a pervert once."

You gotta keep talking

Chatting isn't just for before a hook-up — intimate moments need talking, too, so your partner knows what the heck is going on. Madison once even stopped mid-makeout to draw a diagram for her suitor. "It helped, but I told my friends and they made me promise never to do that again," she said. A verbal indication of what makes you say "ahh" instead of "ouch" will do in most situations.

Be skeptical of guys' "needs"

That favorite plea of high school guys who can't go as far as they want is baloney. The achy sensation known as "blue balls" only occurs when a guy is on the brink of an orgasm and then stopped — so if you're just canoodling in the back of his parents' SUV, he has no grounds for whining. Madison also notes that women experience the same feeling if they're cut off just before an orgasm.

The pill won't make you fat

Tons of Madison's classmates at Tufts used that tired excuse, but just as many women lose weight on the pill as gain it, Madison said. And in terms of other side effects? "If you're over 30 and smoke, that's the only time it's risky." In fact, the pill has plenty of happy side effects: "Your boobs will probably get bigger, it'll clear up your skin and regulate your period."

QA



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Are you a tall, thin female? Are you of average intelligence? As a baby, did you begin talking later than your peers? Is your head smaller than most people's? You might have **TRIPLE X SYNDROME** — i.e., your cells may contain three X chromosomes, rather than the normal two. Caused by a random mutation during the creation of reproductive cells, Triple X isn't a disease, and many women will show no related abnormalities. Most, in fact, won't even know they're different. Some will have mild learning disabilities; others might reach puberty late. And though Triple Xers have an extra female sex chromosome, they are not "more female" than Double Xers.

SOURCE: NORD, NATIONAL LIBRARY OF MEDICINE. NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL CARE.

| THE EXPERTS

ChewOnThis



Up Your NRG

Q I always feel fatigued and drained of energy. Could it be my diet?

FOOD IS THE FUEL FOR YOUR BODY. Stoke your body with good foods and you can expect better performance in your everyday tasks — from work, to the gym, to play. Put some pep in your step with these healthy hints:

Dehydration is a common cause of fatigue, so make sure to drink enough water throughout the day (about 64 ounces, on average). Water-filled foods, such as fruits and vegetables, can also help keep you feeling light and lively. Try spinach, melon, peppers and oranges.

Protein gives you endurance, so include small amounts with each meal and snack. Nutritious options include beans and lentils, chicken or turkey breast, part-skim cheese, or nonfat yogurt. In general, avoid sugary, processed foods that initially boost energy, only to leave you feeling wiped out. Caffeine has this same “high-low” effect on energy levels, so moderate your intake. Look for caffeine in unlikely places such as decaffeinated coffee (really!), sports drinks and coffee-flavored yogurt and ice cream.

Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at nutrition@readeexpress.com

Working for Good Food

Companies lure employees to the lighter side of the lunch hour

Determined to combat obesity, drive down health care costs and boost their bottom lines, some companies have turned to creative methods of steering employees toward more healthful eating options.

At Stamford, Conn.-based Pitney Bowes' cafeterias, the message is clear. A veggie wrap stuffed with portobello mushrooms, shredded carrots and lettuce costs \$2.49. Employees hankering for chicken fingers pay \$3.77; those craving pizza shell out \$4.48.

That message follows snackers to the vending machines, where apples cost 65 cents and Pop-Tarts cost 90 cents. Machines sell fried chips for 75 cents, but baked ones for 50 cents.

“This is absolutely deliberately planned,” said Pitney Bowes spokesman Matt Broder. “We’re really trying to steer employees toward healthier food choices.”

Health benefits experts say employers have moved to improve workplace nutrition during the past three to five years, with large employers, for the most part, taking the lead.

“The last couple of years have been the years of cafeteria reform and on-site dining reform,” said Luann Heinen, director of the Institute on the Costs and Health Effects of Obesity at the Washington, D.C.-based National Business Group on Health.

Pitney Bowes employees who agree to a health screening at the beginning of each year, and adhere to set components of a healthy



GETTY IMAGES

“The last couple years have [seen] cafeteria reform and on-site dining reform.”

lifestyle through the company's Healthcare University program, can knock as much as \$200 off their insurance premiums for the following year.

One of those components this year is eating five fruits and vegetables a day.

“Even if you don't have an in-house cafeteria, there are things you can do with your vending,” Heinen said. “You can require that those who come in and stock your vending machines install at least 30 percent items that meet your standards.”

National food vendors have also become more health-conscious. Aramark launched its Just4U program, which affixes cafeteria and vending machine items with icons that alert consumers to low-

calorie, low-fat, vegan, vegetarian and heart-healthy foods.

Sodexo USA, another major food service provider, has a similar option called Your Health Your Way.

Peter Burki, CEO and founder of LifeCare Inc., an employee benefits organization, said he has seen an increase in employers interested in better work site nutrition during the past few years.

“It's really impacting the bottom line when these employees who are the assets of an organization are making these healthier choices.”

MAYA RAO (THE HARTFORD COURANT)

Good Old Meat 'n' Potatoes

■ GRILLED ITALIAN ROAST, serves 8

INGREDIENTS: 1 beef tri-tip roast, cut 1 1/2 inches thick; 2 tsp. coarse-ground black pepper; 2 cloves garlic, minced; 2 lbs. medium potatoes, cut lengthwise into 1/2-inch slices; 1 tbsp. vegetable oil; 1/2 cup dairy sour cream; 2 tbsp. prepared basil pesto sauce; 2 tbsp. chopped roasted red peppers

MAKING IT: Combine pepper and garlic. Press evenly onto all surfaces of roast. Toss potatoes with oil and salt. Place roast in center of grid over medium, ash-covered coals. Arrange potatoes around roast. Grill, covered, 25 to 35 minutes for medium-rare to medium doneness, turning occasionally. Grill potatoes 20



to 22 minutes or until tender, turning frequently. Remove roast when instant-read thermometer registers 150 degrees (for medium). Tent loosely with foil; let stand 10 minutes. Combine sour cream and pesto. Carve roast. Top potato planks with sour cream mixture; sprinkle with red peppers.

PER SERVING: 336 cal., 14 g fat, 69 mg chol., 101 mg sodium, 26 g carbo., 27 g pro.

Nutrition | fit



NOT EASY BEING GREEN: Popeye's favorite dish is on nutritionists' no-no lists because of the nationwide E. coli outbreak.

Banish Bacteria

How to keep yourself from getting sick from E. coli

Swearing off spinach in the wake of news that more than 100 people have been sickened by bags of the leafy green tainted with E. coli? Here's what you need to know about the bacteria and protecting yourself.

E. coli can cause no symptoms, or, at the other extreme, severe, bloody diarrhea. In some, it can cause a life-threatening complication called hemolytic uremic syndrome, in which the red blood cells are destroyed and the kidneys fail.

Ubiquitous, E. coli bacteria are found in the intestinal tracts and feces of animals, including people, and most outbreaks have been traced to undercooked beef, raw milk, sprouts, vegetables grown in plots fertilized with manure and unpasteurized cider. People can also contract E. coli while swimming in or drinking contaminated water, though this is less common. Adequate chlorination kills the bacterium. Once infected, however, people can pass the infection to others, as late as



two weeks after they recover. This can happen, for instance, if a child care worker changes the diaper of an infected infant or toddler, and then prepares food without first washing his or her hands with soap and water.

Like chlorination, thorough cooking kills E. coli bacterium. So following basic food safety guidelines will lower the odds that you'll

run afoul of a case. In addition to following those basic guidelines, you should:

SAVE THE SPROUTS. Don't serve alfalfa sprouts to the very young, very old or those with immune system problems.

USE THE BATHROOM SINK. Wash your hands thoroughly with soap and hot water after using the toilet (especially if you have diarrhea) and after changing diapers.

DON'T SPREAD IT AROUND. If you have diarrhea, don't swim in pools, lakes, or ponds.

KEEP YOUR MOUTH SHUT. Avoid swallowing lake or pool water while swimming.

LISTEN FOR PUBLIC HEALTH ANNOUNCEMENTS. Physicians and public health workers are keeping an eye out for suspicious clusters of illnesses that might suggest contamination of the food supply.

CALL YOUR DOCTOR IF YOU OR YOUR CHILD HAS SEVERE DIARRHEA. Treatment involves drinking plenty of fluids. Those with complications usually need intensive care. BARBARA LOECHER (REPRINTED WITH PERMISSION FROM PREVENTION MAGAZINE © RODALE INC.)

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Looks | fit

THE EXPERTS

SkinDeep

My Mane Pain

Q I have pimples on my scalp that hurt and itch. I've used external creams and shampoos, and internal antibiotics. The condition gets worse with my period. What's up?

As if PMS weren't bad enough, you're likely suffering from folliculitis, an inflammation or infection of the hair follicles. "Bacterial infection is the most common cause," said Mitchellville, Md.-based dermatologist Valerie Callender. To find out which little bugger is the



culprit, the doctor can do a culture — i.e., grow a batch of bacteria for a better look. Then she can pick the proper antibiotic. If the culture is negative, you have a nonbacterial inflammation, which topical corticosteroids can help quell.

Also, start reading the labels on your mane products. "Many contain alcohol, which can be irritating and drying and produce contact dermatitis, which makes it worse," said Callender. Use hypoallergenic, fragrance-free products, and avoid hair spray, gels and chemical treatments like perms.

Want us to ask a dermatologist your skin question? Send your query to skindeep@readexpress.com.

VITALSTATS

28

THE NUMBER, IN THOUSANDS, THAT JAPAN'S CENTENARIAN POPULATION WILL EXCEED BY SEPT. 30, SAID JAPAN'S HEALTH MINISTRY.



Deborah Stone grows many of her own flowers and herbs, including this bee balm.

Finding Beauty On the Farm

Harvesting a new skin care line

When Deborah Stone's quest for the ultimate skin care products came up short, the former aesthetician — who opened the South's first day spa in Birmingham in 1989 — turned to her 80-acre Alabama farm for a solution.

She'd been growing herbs, so she hired a chemist to see what she could whip up using homegrown ingredients. The result: Deborah Stone Botanicals, available exclusively in the D.C. area at Radiance Medspa of Bethesda (facials cost \$130-\$145, products are \$12-\$65, 8201 Wisconsin Ave.; 301-652-4772; radiancemd.com).

Key to her line of cleansers, scrubs, skin serums and eye creams are hydrosols, the vitamin- and mineral-rich water that remains after a plant's essential oils are distilled. Every hydrosol used in her products originates in one of her 50 herb beds.

Stone prides herself on emphasizing natural ingredients whenever possible: "We use an emulsifier from palm, and I infuse jojoba oil with plantain, which is a great anti-inflammatory, or comfrey." Last weekend, she welcomed visitors to Radiance with a mask of



St. John's wort may help tame anxiety.

apricot, mare's milk and honey.

But though she bragged about the milk's anti-aging properties and the honey straight from her own hives, her products still contain preservatives. "All-natural has a very short shelf life. You're better off making it at home," she said.

Don't know how to concoct skin care products in your bathroom? "To make a sugar scrub, just mix sugar with coconut oil. You can take a ripe avocado, mash it to a pulp and use it as a face mask," Stone advised. You may even start to give Stone some competition. VICKY HALLETT (EXPRESS)

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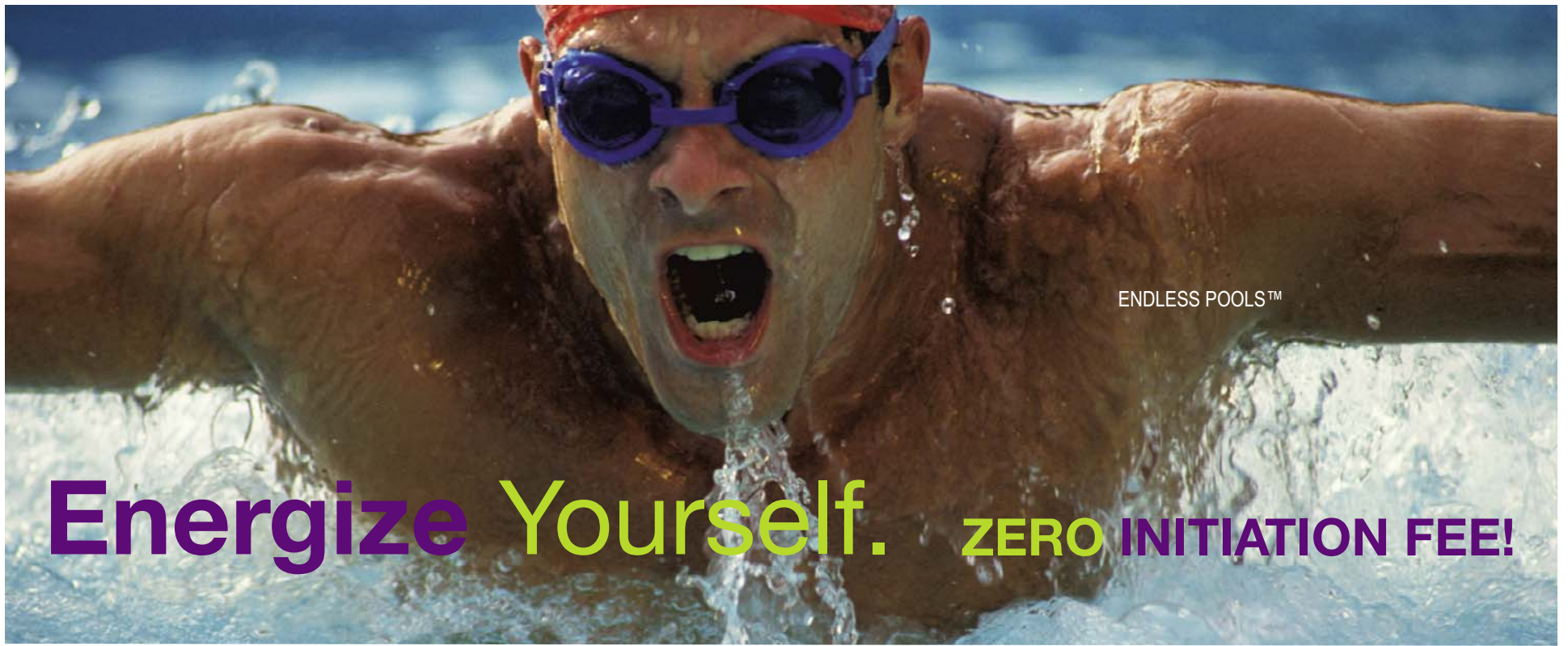
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